

## **Balancing Activities for a Healthier Life**

### **Physical Activity**

The goal is to have at least **one hour** of physical activity every day. Try to breathe heavier, sweat or make your heart beat faster. Here are some fun activities to try:

- Ride a bike
- Jump rope
- Play tag
- Walk to the park
- Karate, boxing
- Yoga
- Run
- Dance
- Swim
- Wii or Xbox Kinect active games
- Sports – soccer, baseball, basketball, football, volleyball, lacrosse, hockey
- Exercise videos, exercise on demand channel or exercise YouTube videos

### **Tips**

- Look into school options, local YMCA, gym membership or park and recreation departments for your area for more options and classes.
- Choose fun activities that you can do alone, or look into joining a team or class. Find a friend or family member to be active with you.
- Try breaking-up the activity throughout the day to total 60 minutes.

### **Sedentary Activity**

This keeps you from moving for periods of time. The goal is to have **two hours or less** of all of these activities combined each day:

- Watching TV
- Playing video games
- Using the computer
- Talking or texting on the phone

### **Tips**

- Start by cutting back by 30 minutes a day until you are at 2 hours or less.
- Complete your physical activity before starting any screen time.
- Set timers to remind you when your time is up.
- Have everyone in the house make the same changes to help the whole family become healthier!

**ALERT:** Call your child's doctor, nurse, or clinic if you have any concerns or if your child has special health care needs not covered by this information.

**This teaching sheet is meant to help you care for your child. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment, and follow-up.**