



HEALTHY LIVING IN SPRING



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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CENTRAL CONNECTICUT COAST YMCA

cccyymca.org

GET MOVING! FEEL GREAT!

Feeling exhausted at the end of the day? How about the kids...do they just want to watch TV? Physical activity helps you feel better right away, no matter what kind you choose.

This month our program will focus on the importance of being physically active every day. Our goal is to engage children in regular physical activity in a way that encourages all children, regardless of their abilities.

The key messages we'll be teaching kids are:

- Moving your body is fun and helps your body be healthy and strong.
- All types of physical activities like playing, dancing, and sports are good for you.
- Do something active every day.

Daily physical activity can give you more energy and improve your sleep

and focus. Staying active over time also helps you keep a healthy weight. It protects you from heart disease, diabetes, high blood pressure, stroke, and osteoporosis (weak bones).

How much activity do kids need? Kids should get 1 hour or more of physical activity every day. This can be spread out in periods of 10–15 minutes. Kids should do vigorous activity on at least 3 days per week. This includes activities that make kids breathe hard and sweat.

Children who grow up in an active family are more likely to remain active as adults. An active lifestyle can help your family live longer, healthier lives. Set a good example by being active yourself! Encourage your children to find activities they enjoy.

KEY MESSAGES

- Kids should get 1 hour or more of physical activity every day, all at once or spread out in 10–15 minute periods.
- Active families have fun and feel more energetic.
- Being physically active helps your body be healthy and strong.
- Be a good role model by getting regular physical activity yourself and planning active family time. Kids with active families are more likely to stay active as adults.

EXAMPLES OF MODERATE ACTIVITY

Games and sports that are similar to fast walking:

hopscotch	kickball
playground play	4-square
bike riding	Frisbee

EXAMPLES OF VIGOROUS ACTIVITY

Games and sports which are more intense than fast walking. They make you sweat:

swimming	basketball
jumping rope	running
soccer	aerobic dancing

TIPS FOR KEEPING YOUR FAMILY ACTIVE

- Play a game of tag or soccer after school.
- Instead of watching TV, take a walk or dance around the house after dinner.
- Plan at least 1 fun physical activity together on weekends.
- Take the stairs when you're at your favorite museum or library.
- Involve kids in active chores, like putting away groceries or sweeping.
- Make sure that your children have opportunities for active play after school on most days of the week. This can be in your yard, at a playground, or in sports and recreation programs.

WANT TO LEARN MORE?

For more ideas on fun ways to get your family active, check out www.cdc.gov/youthcampaign/marketing/adult/index.htm.

Also, visit Healthy Family Home, a YMCA initiative, to learn more about keeping your family healthy: www.ymca.net/healthy-family-home.