

# Health Fits into Every DAY

**60 minutes** of activity **every day** is essential for your kids to grow and learn

**Regular** physical activity is important for your child's overall **health** and wellbeing.



Activity strengthens the heart, muscles, and bones!

Kids who have many opportunities to be active and expend energy are better prepared to focus in class.

Kids need to get their heart rate up with **"GO"** activities at and after school! Encourage kids to **"GO for F.I.T."**



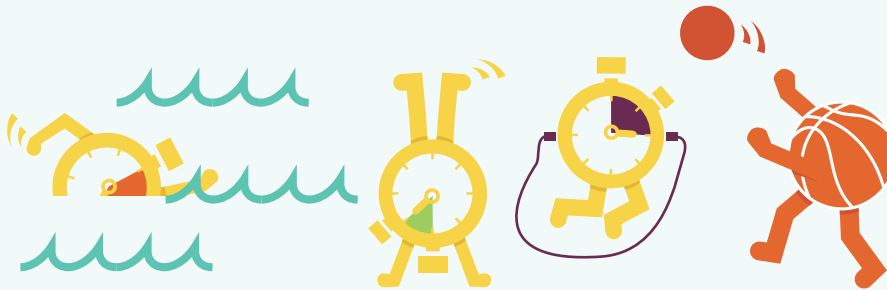
**Frequency**  
(every day)



**Intensity**  
(heart rate up)



**Time**  
(60 minutes)

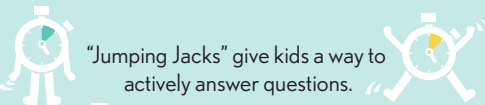


Encourage your kids to choose a variety of activities they enjoy! Try new activities to get their **heart beating fast** (running, swimming, biking, dancing), **muscles stronger** (push-ups, gymnastics), and **bones stronger** (jumping, volleyball, basketball).

National standards suggest schools provide **150 minutes** of physical education per week in elementary schools and **225 minutes** per week for middle and high schools.

## SUGGESTIONS

Don't limit activity to recess or PE class. **5 - 10 minute** classroom activity breaks allow kids to stay active during the **ENTIRE** day.



"Jumping Jacks" give kids a way to actively answer questions.



"Toe Touches" break up the day.



Replace candy fundraising with charity walks.

Follow the doctor's orders: no more than **2 hours** in front of a screen per day.



Encourage students to bike or walk to school.



Find safe spaces for before and after school play!



Kids may resist at first, but be persistent!

Increasing physical activity is great for your kids and can be **FUN** for the whole family!

Lead the way! Be a role model!



Fit and active students perform better at school!

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