

# MOVE AN HOUR (OR MORE) EVERY DAY

Moving helps your child's brain develop. Everyone in the family needs physical activity for a healthy heart, bones, muscles and brain.

Encourage running, jumping, skipping, hopping — any activity that results in a quicker heartbeat, more breathing and sweating.

Be a good role model and let your child see you being active.

Be active as a family!

This project was supported by the Ramsey County Public Health Department and its Statewide Health Improvement Program, funded by the Minnesota Department of Health.



**9-5-2-1-0**  
**Every Day!**

## Healthy Numbers for Kids & Families



**GET ONE HOUR OR MORE  
OF PHYSICAL ACTIVITY**

Adapted from materials developed by Let's Go!  
[www.letsgo.org](http://www.letsgo.org)  
And the Kentucky Department of Public Health  
[chfs.ky.gov/dph/mch/hp/5210/](http://chfs.ky.gov/dph/mch/hp/5210/)

# Did You Know?

A Physical activity stimulates the brain to grow. The body and brain work together. Children need daily physical activity to develop physically as well as mentally.

Daily physical activity help children:

- Keep a healthy weight
- Develop strength and flexibility
- Be calmer and more focused so they can concentrate at school and on homework

## MOVE AN HOUR OR MORE EVERY DAY

- Encourage at least one hour of daily physical activity...for kids and adults!
- More than one hour of physical activity is good for children.
- Playing outside encourages running, jumping, skipping and hopping. This builds muscle.

### ENCOURAGE FREE & FUN PHYSICAL ACTIVITY

- Play tag
- Jump rope
- Play ball (basketball, catch, soccer, etc.)
- Ride bikes
- Turn on the music and dance
- Sled, ski, or snowshoe
- Park the car at the end of the parking lot
- Take the stairs
- Dress your child for the weather and encourage outdoor play
- Do physical activities as a family such as going for a walk or to the park



## MAKE PHYSICAL ACTIVITY EASIER

- Make gradual changes to increase your family's level of physical activity.
- Incorporate physical activity into your family's daily routines.
- Don't let screen time replace play time.
- Choose toys and games that promote physical activity.
- Encourage lifelong physical activity by incorporating physical activity into your routine.
- Keep physical activity fun!

## BE A ROLE MODEL

- Use a pedometer.
- Take a walk after dinner.