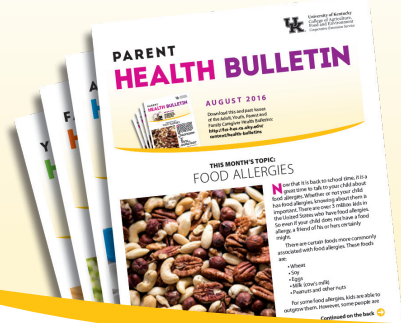


PARENT HEALTH BULLETIN



JANUARY 2019

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THIS MONTH'S TOPIC: BE A FAMILY ON THE MOVE



All Americans, from the oldest to the youngest need to move more. The U.S. Department of Health and Human Services just updated recommendations for physical activity for the first time in 10 years.

The second edition of the Physical Activity Guidelines for America is not radically different from the first, but it does have three major additions: (1) scientific evidence on the benefits of physical activity, (2) more guidance for youth, and (3) physical activity does not have to be done in 10-minute sessions — it all adds up and every second counts.

Physical activity is important for your child to grow up healthy, but why? Regular physical activity can

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The most important thing is to help your child get active now, so they will learn and build healthy habits for life.

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help children improve cardiorespiratory fitness, build strong bones and muscles, control weight, reduce symptoms of anxiety and depression, and reduce the risk of developing health conditions such as heart disease, cancer, and type 2 diabetes.

In addition, movement leads to kids getting better sleep, having an improved mood, and better academic achievement. The good news is that when your child is strong and healthy, your life as parents gets easier.

What are the physical activity guidelines for children and adolescents?

Kids and teens ages 6 to 17 need at least 60 minutes of movement every day.

As part of their daily 60 minutes, kids and teens need to include moderate-intensity activity, vigorous-intensity activity, muscle-strengthening activity, and bone-strengthening activity. The good news is that they are all connected and easy for kids to achieve.

- The majority of movement can be moderate-intensity activity. This is anything that gets their heart beating faster than normal, like walking the dog or dancing. Moderate-intensity activity is when you are breathing hard but can still easily have a conversation.
- At least three days a week, encourage vigorous-intensity activity. Vigorous-intensity activity, is when you can only say a few words before you have to take a breath. This can include cycling or soccer.
- At least three days a week, kids and teens also need muscle-strengthening activity, like climbing or swinging on the monkey bars.
- Bone-strengthening activity should happen at least three days a week, including running, jumping, or any weight-bearing activity.

Because childhood obesity and other health effects for inactivity can start early in life, children age 3 to 5 should be physically active throughout the day to enhance growth and healthy development.



Younger children naturally want to be active. Try to keep them moving three hours a day. The more the better. To help younger kids be active, limit their screen time when they are just sitting around.

What counts?

Anything that gets your kid up and moving adds up. The most important thing is to help your child get active now, so they will learn and build healthy habits for life. Here are some ways to encourage physical activity.

- Encourage active play with friends.
- Give them active chores around the house.
- Sign them up for free or low-cost sports.
- Go on family walks or hikes.
- Dance while dinner is in the oven.
- Move with them.

Help your child find an activity that they truly enjoy doing. If they really love a certain activity, support them.

SOURCES:

- <http://health.gov/MoveYourWay/Get-Kids-Active>
- https://health.gov/paguidelines/moveyourway/materials/PAG_MYW_Parents_FS.pdf
- <https://www.npr.org/sections/health-shots/2018/11/12/666744493/new-physical-activity-guidelines-urge-americans-move-more-sit-less>

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