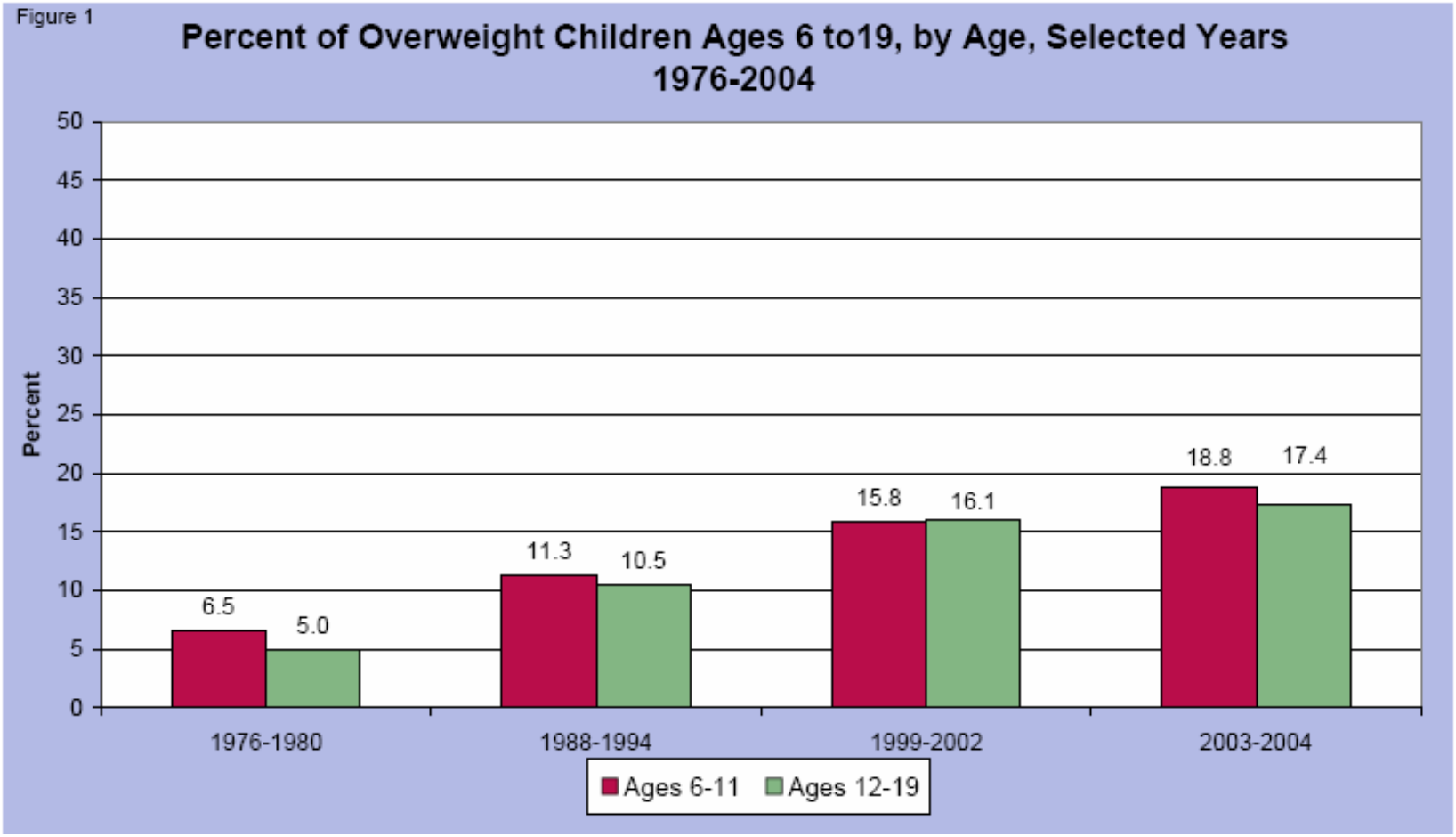
Physical Activity at Home

Section 2 : Module 6

Percentage of Overweight U.S. Children and Adolescents is Soaring



Physical Activity Recommendations for Youth

At least 60 minutes of moderate intensity physical activity most days of the week, preferably daily.[1]

Note: This recommendation is for overall health. Increasing physical activity alone will probably not result in significant weight loss. Also, more physical activity time may be needed to achieve full motor development.

Dietary Guidelines for Americans 2005.

Structured vs. Unstructured

- The National Association of Sports and Physical Education recommends that every day preschoolers should:
  - Get at least 60 minutes of structured physical activity (adult-led activity)
  - Get at least 60 minutes of unstructured physical activity (free play)
  - Not be inactive for more than 1 hour at a time (unless sleeping)

What Counts?

- Physical activity is just moving - everything counts!
- Moderate physical activity gets your heart beating faster
- Vigorous activity makes you sweat

Physical activity doesn't just mean running and push-ups….

Structured Physical Activity

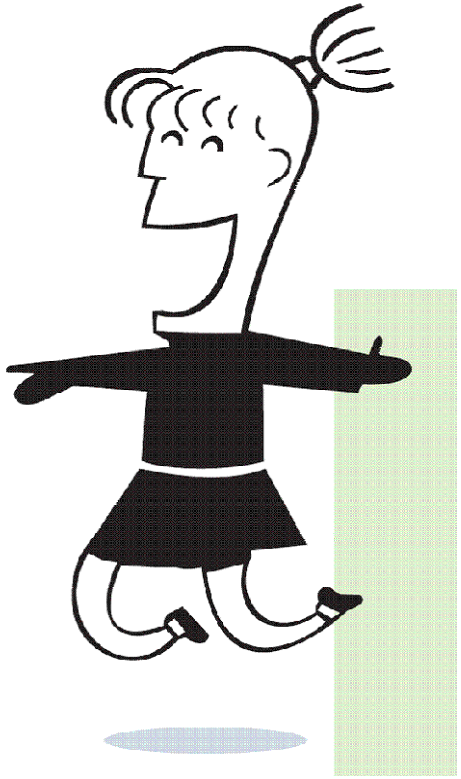
- Structured physical activities are things like:
  - Organized sports teams
  - Planned exercises
  - Other adult-led games/clubs

Motor Skill	Age Range
Running	1 1/2 to 2 years
Galloping	2 to 2 1/2 years
Jumping	2 1/2 to 3 years
Hopping	3 to 4 years
Skipping	4 to 5 years

Unstructured Physical Activity

Unstructured physical activities include:

- Playing outside with friends
- Walking/hiking in the woods
- Inventing a new game
- Recess



Activate Your Family!

Encourage kids to do things they enjoy like:

- ✓ Playing outdoors
- ✓ Throwing a football or frisbee
- ✓ Playing hide and seek
- ✓ Playing with the dog

Make it a Family Affair!

- If you do it your kids will too!
- Use physical activity to strengthen family bonds…as well as muscles!
- Pass down important cultural traditions
- Be a role model

Family Physical Activities

- Hiking
- Berry Picking
- Beach Combing
- Exploring nature

If it is Cold Outside….

- Go sledding!
- Ice skate
- Make snow angels
- Build a snow man

Indoor Fun

- Play indoor “Socker”
- Put on some music and dance!
- Play treasure hunt by hiding "treasures" throughout the classroom and provide clues of where they might be.
- Make an obstacle course with chairs, boxes, and tours for the kids to go over, under, through, and around.

Sample Activity – Hold That Tiger!

Children love animals and they love to imitate. Combine these two interests to inspire exercise.

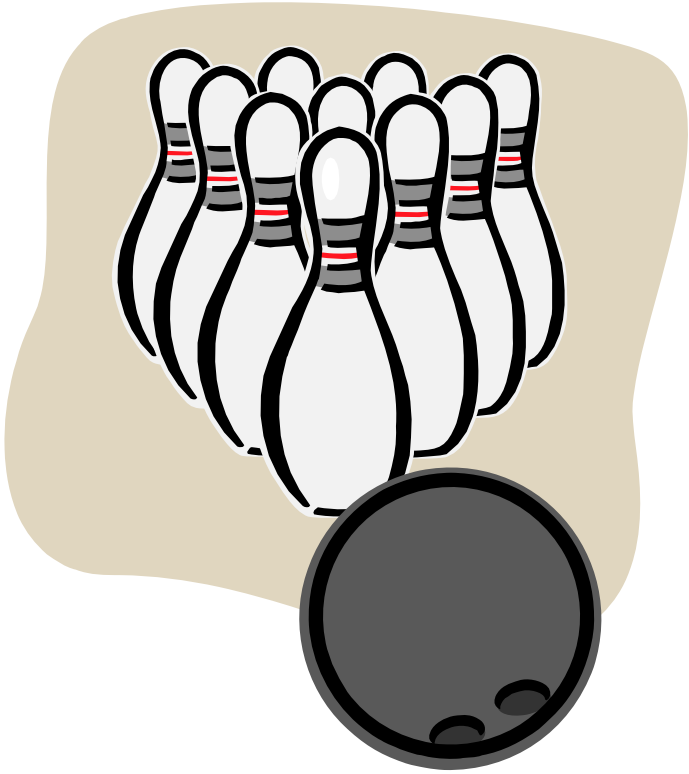
What you'll need:
Magazines or newspapers
Cardboard or paper
Paste or glue
Scissors
An open space in which to move

What to do:
- ✓ Collect pictures of different animals.
- ✓ Paste each picture on a different piece of cardboard.
- ✓ Place the cards face down on a table and mix them up.
- ✓ Have your child select a card and turn the card over to reveal the animal picture on the other side.
- ✓ Have your child imitate the movements of the animal on the card. For example:
  - rabbit: hop
  - horse: gallop
  - turtle: crawl
  - elephant: slow lumbering walk, clasp hands together and swing arms side to side like a trunk.
  - frog : leap
  - tiger: fluid, smooth, sliding steps

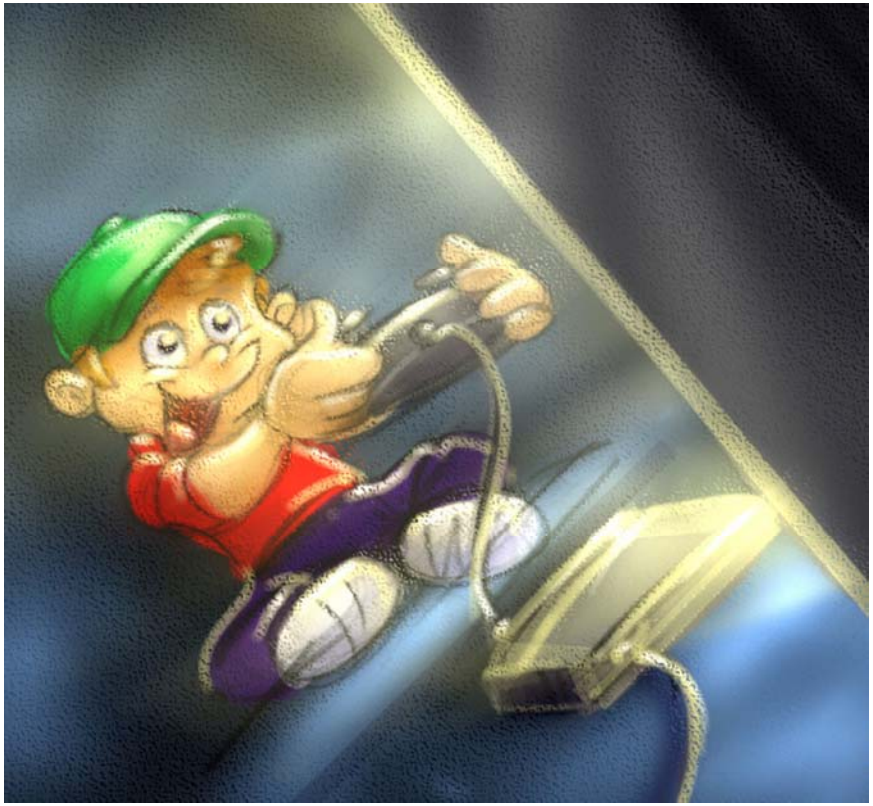
These movements will help your child develop body awareness, space awareness, and coordination.

Indoor Community Activities

- Swimming Pool
- School Gyms or Covered Playgrounds
- Bowling Alley

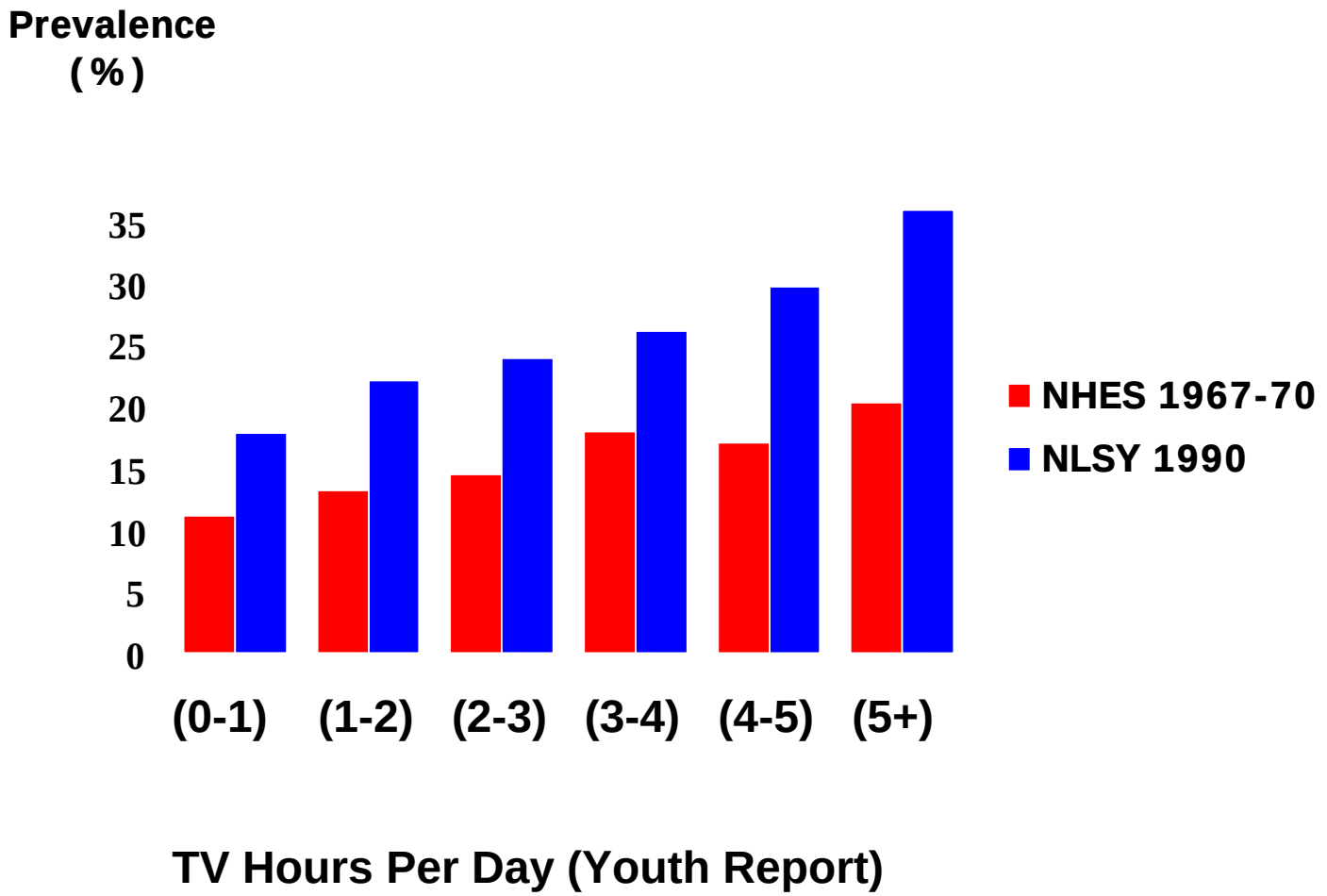


Decrease Inactivity



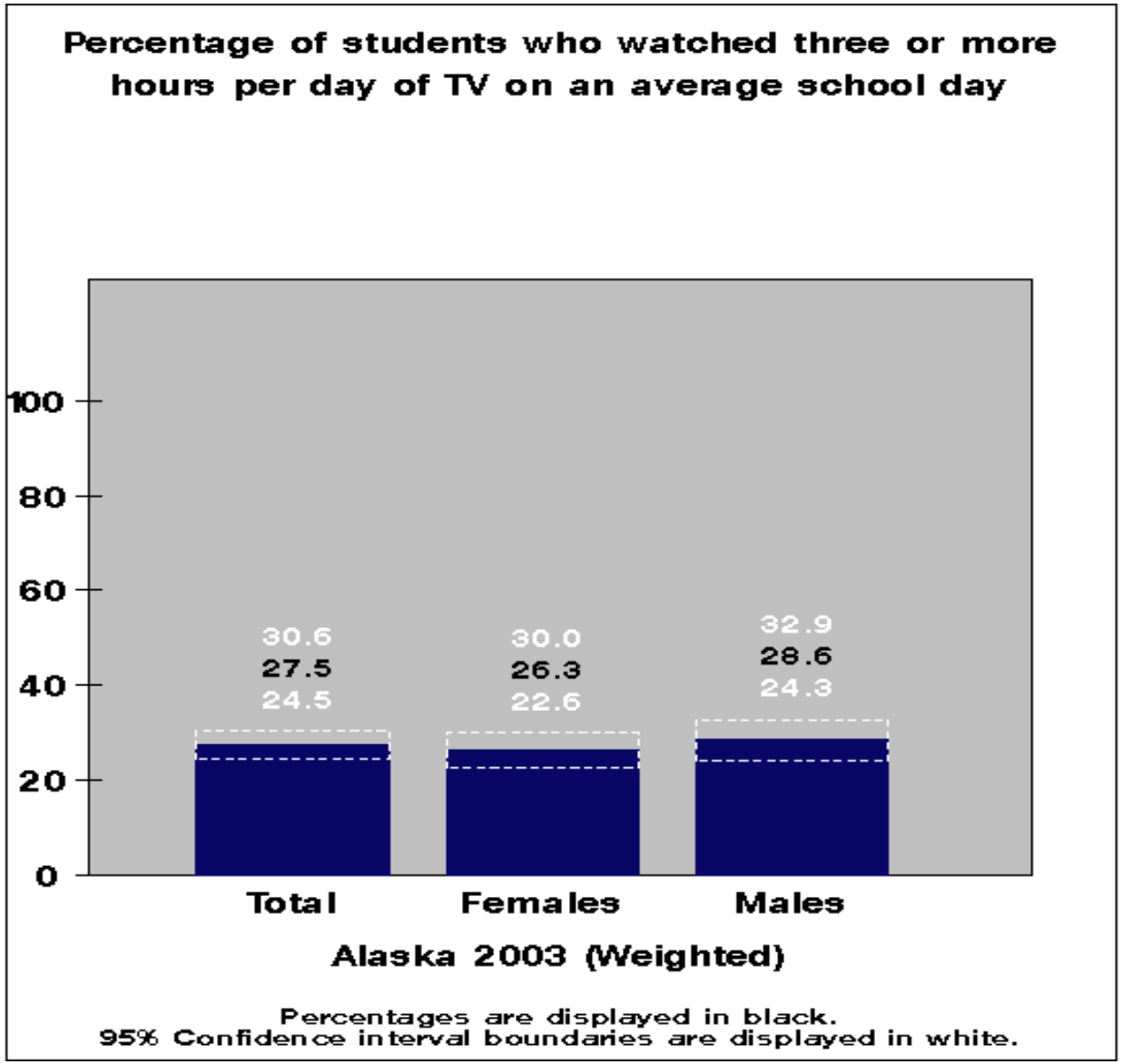
- Children should not be inactive for more than an hour at a time
- Limit inactivity by:
  - Limit T.V. watching to 2hrs/day, 1hr at a time
  - Limit computer/video games to 1hr/day
  - Encourage both morning and afternoon outdoor play on weekends

As TV Time Increases, So Do Rates of Overweight in Teenagers



Physical Activity and Nutrition

for Alaska's Kids



Bad Habits Start Early

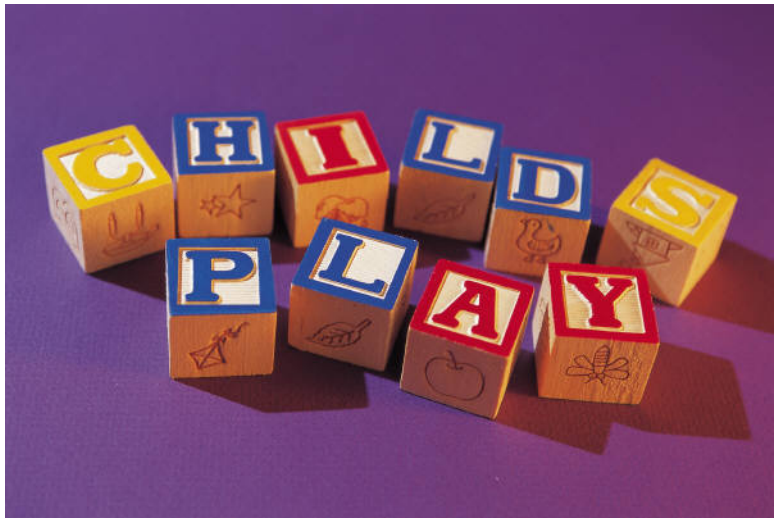
Kids should have less than 2 hours of screen time

- setting limits on time spent in front of a screen
- monitor time spent in front of the screen
- avoid putting a T.V. in a child's bedroom.
- Preschool children with a television in their bedroom are more likely to be overweight

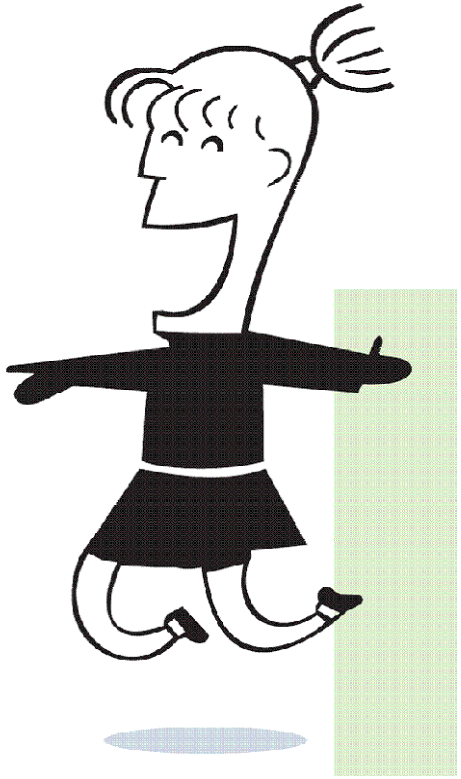
Television can be used Promote Physical Activity

- Consider watching a sporting event or outdoor recreation show and then go outside and try the activity
- Use commercial breaks
  - Have a family push-up or sit-up contest!
- Several programs include healthy behaviors.
  - Sesame Street has lessons on healthy eating
  - Oscar the Grouch promotes activity with the "Worm Workout Song".

Activities to Keep Kids Busy



- Set up "play time"
  - play with blocks or Legos, or play board games.
- Invite your child to join you in the kitchen
- When kids help in the kitchen they are decreasing time spent inactive

Just Move It!

- Remember….
  - Kids love to move.
  - Encourage kids to play…but plan time for activity each day too.
  - Take advantage of the Alaskan outdoors.
  - When the weather is bad – be creative!
  - Be an Activity Role Model