

# Fact Sheet for **Parents** **GROWING UP HEALTHY**



5 or more fruits and vegetables • 2 hours or less of screen time • 1 hour of physical activity • Almost no sugary beverages



## Did you know that...

Being physically active means using energy to move your body?

Getting one hour of physical activity a day is best for a strong and healthy body?

The English language has more than 10,000 words for describing physical activities?

## Try to make sure your child gets at least 1 hour of physical activity per day.

A physical activity is any body movement that uses energy. Do you know what that means for you and your family? The options are endless for working physical activity into your day!

## Physical activity and your family

Most kids and adults don't get enough "move time" every day, but physical activity is something that you and your family can enjoy together or apart. At least 60 minutes of physical activity a day is recommended for kids and at least 30 minutes a day for adults.

## Daily physical activity...

- Increases heart health
- Increases capacity for learning
- Helps to control weight and prevent chronic disease
- Builds and maintains healthy bones, muscles, and joints
- Boosts energy and promotes sound sleep
- Reduces feelings of stress and anxiety
- Increases self-esteem and feelings of happiness

## In addition to improving their health, being physically active helps kids to develop skills like...

- Goal setting and achievement
- Getting along with others
- Leadership
- Teamwork

Sound familiar? You've probably wished all these things and more for your children. Are you ready to help them get healthy?





## Use HealthyQuest Delaware to find more physical activities

Use HealthyQuest Delaware, an online search tool, to find all kinds of activities for your kids near your home or their school—just go to <http://healthyquest.nemours.org>

### Tips for setting your family in motion

- Be active together. Use physical activity as family bonding time. Talk with your kids while walking the dog or shooting hoops.
- Insert physical activity into the things you do already. Park farther away from the door when going shopping. Walk to get your mail instead of driving up to the mailbox. Take the stairs instead of the elevator.
- Make it fun! When physical activity is enjoyable, both you and your kids will WANT to play!
- Start a “walking school bus” (a group of children walking to school with one or more adults) in your neighborhood so that kids have a safe, social, and supervised opportunity for physical activity.
- Set up a safe area inside your home where active play is A-OK—nasty weather is no excuse for not being active!
- Find the right fit for your kids and family. Learn which sports and activities your children enjoy and find local teams or lessons for them to participate in.
- Keep sports equipment in your trunk so that you’re ready to play anytime, anywhere!
- Think in motion. Walk while practicing spelling words or quizzing for a test.
- Make physical activity goals a family challenge. Keep track of your minutes on a chart on your fridge.
- Take advantage of your city’s parks and recreational opportunities. Many areas have sponsored “fun runs,” walking and hiking tours, and sports leagues.
- Involve your family in chores or community service opportunities that they enjoy and get them moving.
- Choose gifts that are made for play—sneakers, balls, bats, skates.
- Schedule a regular daily time for physical activity—maybe an hour after school for backyard baseball or a family walk after dinner.
- Set your weekend in motion by planning active family fun. Try a hike, Frisbee in the park, a walk through the zoo, or a dip in the local pool.

As you can see, physical activity doesn’t just mean walking on the treadmill... it can be part of all that you do!  
Set your family in motion!