

Get moving!

Kids should get at least 60 minutes of moderate to vigorous physical activity each day.¹ It is also recommended that kids include muscle strengthening activities, such as gymnastics or push-ups; and bone strengthening activities, such as jump rope and running, at least three days a week as part of the recommended 60 minutes of daily activity.¹ Ideas to get moving include:

- Playing tag
- Jumping rope
- Playing your favorite sport
- Swimming
- Dancing
- Riding bike
- Walking to school or taking your dog for a walk
- Limit your screen time to no more than 2 hours per day



ACTIVE AND FUN IDEAS FOR AGES 1- 5: Turn on music and throw a dance party, go on a daily adventure around your neighborhood to find cats, dog, or other fun landmarks, or make household chores count as exercise and turn them into games by making your child a superhero with a cape that has a mission to track down all the dust bunnies.

ACTIVE AND FUN IDEAS FOR AGES 6 - 10: Have a weekly sports night and have everyone participating to play both real and imaginary games (just as long as you keep moving!) Try having your kids help you garden as a family in the spring, or raking and jumping in leaves together in the fall.

Family Fitness Tips:

Being physically active is an important part of keeping your family healthy. If you can't do 30-60 minutes all at once, try aiming for 10 minutes a few times each day.³ Your health benefits will increase the more time you spend being active.

Let's Move Pittsburgh

The 5-2-1-0 movement helps families grow healthy!

- **5** or more servings of **fruits and vegetables** per day
 - **2** hours or **less** of **screen time** per day
 - **1 hour** or more of **physical activity** per day
 - **0** sugary drinks, and **more water**, per day

Did you know...

- Kids should get at least 60 minutes of physical activity a day?
- Physical activity: is any movement that gets your body moving?

