Get moving!

Kids should get at least 60 minutes of moderate to vigorous physical activity each day. 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. 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. Your health benefits will increase the more time you spend being active.

Information provided from PennState Hershey Wellness Center and Giant Eagle’s Nutrition for Kids.
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?