

Fact Sheet for **Kids** 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 get at least one or more hours of physical activity per day!

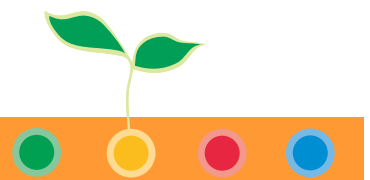
You don't have to do the same thing for a whole hour. You can do as many different activities as you want and add up the minutes to meet your goal of one hour!

For example, add up

$$\begin{array}{r} 20 \text{ minutes for walking to school} \\ + \\ 20 \text{ minutes for shooting hoops with friends} \\ + \\ 10 \text{ minutes for raking the leaves} \\ + \\ 10 \text{ minutes for walking your dog} \\ \hline = 60 \text{ minutes (1 hour)} \end{array}$$

Fun facts about physical activity

- It keeps your body healthy so you can run faster, think better, and feel great!
- It's good for your heart! When you make your heart beat faster, it gets stronger.
- It makes your bones and muscles strong because they work hard to keep your body moving.
- It can give you energy and help you to feel better when you're sad or worried.
- You can help your family and be physically active at the same time! You can jump to reach the high spots when you help to wash the car, pretend you're lifting weights when you put away the groceries, shoot baskets when you throw your dirty laundry in the hamper, and sing and dance with a broom microphone when you sweep the deck! You can be a great role model for your family by showing them easy ways to get active.



Physical activities you can do with your friends or family

Tip: Put a check next to your favorite physical activities, and put this list on the fridge where you and your family can see it.

Go on a scavenger hunt
 Make an obstacle course
 Play capture the flag
 Play tag
 Play kickball
 Set up a field day

Play catch
 Play 4-square
 Play volleyball
 Play touch football
 Play street hockey
 Throw a Frisbee

Physical activities you can do by yourself

Rake leaves
 Shovel snow
 Do jumping jacks
 Ride your bike
 Hula Hoop
 Play hopscotch
 Take your pet for a walk (not your turtle, though, he might get tired!)
 Jump rope
 Walk, skip, jog, or run

Shoot hoops
 DANCE!
 Roller skate (be sure to wear pads and a helmet!)
 Walk or run on the track at school
 Play hacky sack
 Skateboard
 Swim
 Do push ups or sit ups
 Go to the YMCA and take a class
 Take a martial arts class

What if it's raining outside?

Puddle jump and see who can make the biggest splash!
 Dance to your favorite music!
 Borrow your mom's exercise video and work out!



Use HealthyQuest Delaware to find more physical activities

Still don't know what you want to do? Use HealthyQuest Delaware, an online search tool, to find all kinds of activities near your home or school—just go to <http://healthyquest.nemours.org>

Keep track of your physical activity

Use the chart below to keep track of your activity and the time you spent doing it. Try for one hour a day! You can make copies of this chart to use for the future since you will probably fill it up fast.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1	Whiffleball 1 hour						
Week 2							
Week 3							