

July 2023

PHYSICAL ACTIVITY

Advantages of Physical Activity

Children and youth who are active have higher levels of fitness, lower body fat, and stronger bones and muscles. Physical activity in school aged children can also improve cognition (academic performance and memory) as well as reduced symptoms of depression. Regular physical activity can promote lifelong health benefits and help in preventing health conditions such as heart disease, obesity, certain cancers, and type 2 diabetes.



Activity Guidelines

The American Heart Association (AHA) recommends children six years and older get at least 1 hour of moderate to vigorous activity every day (activity that causes an increase in breathing and heart rate). Activities should be age appropriate and enjoyable. Children aged 3 to 5 years old should be active throughout the day.

Resources and Ideas for Physical Activity:

- https://health.gov/sites/default/files/2019-11/PAG_MYW_Kids_FS.pdf
- <https://www.heart.org/en/healthy-living/fitness/fitness-basics/aha-recs-for-physical-activity-in-kids-infographic>
- <https://www.heart.org/en/healthy-living/fitness/getting-active/how-to-get-your-family-active#:~:text=The%20American%20Heart%20Association%20recommends,hearts%2C%20brains%20and%20bodies%20healthy.>
- https://www.cdc.gov/physicalactivity/basics/children/pdfs/Health_Benefits_o_PA_Children_Oct2021_H.pdf
- <https://www.healthychildren.org/English/healthy-living/fitness/StopWatch-Tool/Pages/default.aspx>

NUTRITION

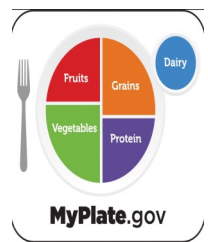
Benefits of a Healthy Diet

Childhood obesity is an ongoing problem in the United States that puts children at risk for obesity-related health conditions such as high blood pressure, high cholesterol, type 2 diabetes, joint problems, and breathing problems such as asthma and sleep apnea. By helping children and youth develop healthy eating habits, it can help decrease their future health risks!



Tips to Maintaining a Health Weight

- Ensure adequate amounts of sleep
- Limit screen time (television, video games, computer, etc.)
- Develop healthy eating habits such as:
 - Limiting sugary drinks and drinking plenty of water
 - Eating plenty of fruits, vegetables, and whole grains
 - Choose lean meats, poultry, fish, and beans for proteins
 - Limiting intake of sugar and saturated fats
- Stay active



Resources for a Healthy Diet:

- <https://www.nhlbi.nih.gov/health/educational/wecan/eat-right/index.htm>
- <https://www.myplate.gov/eat-healthy/what-is-myplate>
- https://www.cdc.gov/healthyweight/healthy_eating/water-and-healthier-drinks.html
- <https://www.cdc.gov/healthyweight/bmi/calculator.html>

References:

- Center for Disease Control and Prevention
- Healthy Children
- American Heart Association
- MyPlate
- National Heart, Lung, & Blood Institute