



**There are 1,440
minutes in a day.**

**Help your child plan to be
active for at least 60 of them.**

Kids need at least 1 hour of moderate to vigorous
physical activity every day.

What is “moderate to vigorous”?

- During moderate activity, you can talk but not sing.
- In vigorous activity, you can say a few words, then need a breath.

Why is it so important?

Regular physical activity helps kids:

- Sleep
- Learn
- Control their weight
- Develop healthy habits while they're young



STAR kids in motion!



Kids need at least 1 hour of moderate to vigorous physical activity every day.

★ Make physical activity a part of every day.

If 60 minutes sounds like a lot right now, help your child start slowly and build up.

★ Make it routine.

Make a plan for physical activity. What to do, when to do it. Days often go by quickly, and if you don't have a plan, it likely won't happen.

★ Work with your child to figure out what s/he would like to do.

- For programs and classes, ask what your child's school offers after school. You can also check your local community center, YMCA, town recreation department, Boys & Girls Club, college, dance studio, or gym.
- Make physical activity family time. Take a walk together after dinner, play ball, or shoot hoops. It can be a nice time to talk.
- Swap some TV time for active time.
- Offer lots of encouragement.
- Be an active role model and show your child how you make the time for physical activity.

★ Encourage active transport.

Help your child add physical activity to everyday life by walking or biking to school, a friend's house, or the store, when possible. Too far? Park further away or get off the bus or T early to get in a little walk.

STAR kids should do at least 1 hour of moderate to vigorous physical activity every day.

Take Action!



If your child isn't very active now, help him/her start slowly by adding 3-5 minutes of activity a day. Build up to 1 hour.



Use stickers to keep track of days that your child does moderate to vigorous physical activity for a total of at least 1 hour.



Be active yourself. When your child sees you enjoying activity, s/he will want to do it too.



Talk to your child about what activities s/he would like to do.

What does your child like to do?

- walk briskly
- run
- play soccer
- shoot hoops
- jump rope
- bike
- dance
- play ball
- exercise videos
- swim
- climb
- group sports

**There are
1,440 minutes in a day.**

**Use 60 of them
for physical activity.**

Inside this Issue:

Definition of moderate to vigorous activity	2
The importance of physical activity	2
Helping your child be more active	3
Active computer games	3
Make your own Records Book	4

1 hour a day of moderate to vigorous physical activity

What is it?

- During moderate activity, you can talk but not sing.
- In vigorous activity, you can say a few words, then need a breath.



Here are some examples:

- Biking
- Fast walking
- Skateboarding
- Dancing
- Running
- Karate
- Team sports
- Tag
- Playing catch
- Jumping rope
- Dance Dance Revolution, Wii Fit
- Swimming

Why is it so important?

In general, kids who are physically active...

Have strong muscles and bones

Are more alert

Have less chance of type 2 diabetes

Do better in school

Sleep better

Have a better outlook on life

Have better self-esteem

Have better weight control

How can I help my child be more active?



- ★ Find indoor activities your child can do all year.
Call the YMCA, community center, Boys & Girls Club, town recreation department, dance studios, or gyms to see what they offer.
- ★ Be physically active as a family.
Take a walk after dinner, go for a bike ride, or play catch.
- ★ Schedule time every day for physical activity.
If you don't plan it, it likely won't happen.
- ★ Give gifts like a jump rope, basketball, hula hoop, or sneakers instead of a video game or DVD.
- ★ Plan time for your child to get together with friends and play outside.

Do active video games count as physical activity?



Wii Fit™, Dance Dance Revolution, and other active video games can really get you moving!

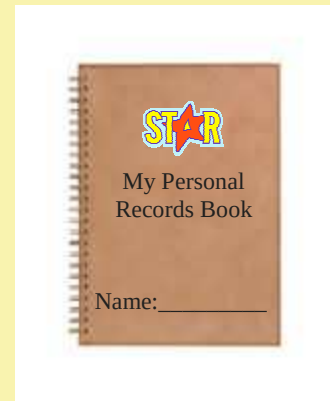
Watch your child play and decide together if it counts as physical activity. If s/he is working hard and sweating, that's great! Kids still need time outside and running around, but these games can add to the total amount of physical activity done in a day.

Make your own Records Book

It's not the Guinness Book of Records, it's your own book of records!

Keep a list of your own physical activity "bests," like:

- Most jumping jacks
- Most jumps while jumping rope
- Most laps run, or longest time running
- Longest time keeping a hula hoop going
- Most basketball shots made in a row



You decide what to include, and then set out to break your own records.
Or make it a challenge with your friends!

**Moving? Please let us know your new address and phone number.
Call toll-free 1-866-874-0857, or email STAR@hphc.org**



Department of Population Medicine
Harvard Pilgrim Health Care Institute
133 Brookline Avenue, 6th Floor
Boston, MA 02215

Return Service Requested