

Physical Health and Wellness

Being physically active has been proven to have many mental, emotional, and physical health benefits. **It can help with maintaining healthy weight, reducing risk of type 2 diabetes and heart disease, strengthening muscles, and improving overall wellness.**



Physical Activity Recommendations for Kids

Active kids have a better chance of a healthy adulthood. How much activity do they need?

 <p>Be Active Kids should be active throughout the day. Replace sedentary behavior with activity whenever possible.</p>	 <p>Learn & Grow Kids who are active have better bone health, physical fitness, brain function, attention and academic performance. They stay at a healthier weight and have fewer symptoms of depression.</p>
 <p>Go Play Encourage preschool-age children (ages 3-5) to engage in active play as well as structured movement. A good goal is about 3 hours per day of a variety of activities (light, moderate and vigorous).</p>	 <p>Fit in 60+ School-age kids and teens (ages 6-17) should try to get at least 60 minutes per day of moderate- to vigorous-intensity activity. It can be broken up into shorter sessions throughout the day.</p>

**Live Healthy**
Keep kids active at home and at school. Support physical education, walkable communities and safe places to play. Their future health depends on it.

Being physically active, especially outside, can give people a positive activity that uplifts their mind and spirit. It is a great way for families to bond together.

Here are some activities to try as a family:

> Go for a walk > Go to a rec center > Go to the Park > Go on a hike or nature trail

The key word is **GO**, get out and **GO**!

Sleep

It is important that the average person get **8 hours of sleep** each night! This helps with **memory, learning, metabolism, mood, heart health, and much more!** Establish a set bedtime routine with your kids to ensure proper sleep.