



7-Get Moving

Year of Being Well

On the Go

Children ages 6 and older need at least 60 minutes of physical activity a day, and adults need at least 30 minutes each day. Easier said than done.

Moving more and being more active are essential if you want to get healthier. And yet, there are many reasons that this is one of the hardest activities for families to do. Some families aren't in shape and feel the task of becoming active each day is too daunting. Others say they can't seem to find 60 minutes of free time to exercise or play. Whatever your reasons for lacking enough physical activity, there are affordable ways to keep moving that can fit into your busy schedule.

It's important for families to understand that small, easy steps can significantly increase our children's prospects for longer, healthier lives. My personal philosophy is "Fuel for Performance, and Train for Life." If we think of food as fuel, the right kind of fuel — or nutritious food — gives our children's bodies energy and their brains the nutrition they need to keep running. When their bodies are fueled through healthful eating habits — lots of water, healthy portion sizes, and all the green vegetables they want — they perform better, whether they're taking a test, playing music, painting a picture, or participating in a sporting event.

We've met some terrific parents who are incorporating these habits into their households in creative ways and building a lifestyle, not a quick-fix fitness or diet program. Striking a healthy balance between good nutrition and regular physical activity is absolutely crucial. — *Susan Dell*

Quick Tips:

- Take small steps to achieve 60 minutes a day within your normal routine. It doesn't have to be 60 consecutive minutes.
- Set goals. Challenge each other to walk 100 miles over time by charting the total distance you walk each day. Once you reach 100 miles, do something to celebrate.
- Creative waking challenges. Wear pedometers to see who can walk the most steps each day.
- Host dance Saturdays for 10 minutes each Saturday morning. Turn on your favorite music and dance with your kids

Did you know:

Only one in three children are physically active each day.

National Association for Sport and Physical Education

Evidence shows that increasing physical education in schools can improve grades and test scores.

Centers for Disease Control and Prevention

Important tips:

- Small steps can have a big impact
- Choose one or two steps to begin each month

Find more information at www.BeWellBook.org

Get up and Get out

Name: _____

Period: _____

Date: _____

How many hours did you spend being active each day? To the closest 1/4 hour	Cardio	Strength	Flexibility	Total Hours Per Day
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				

List your top five activities to do.

Reflection Questions

What is your favorite thing to do in PE? Why? _____

Do you set aside time to be active each day? Why or why not? _____

What activities do you do as a family? _____

