Fairfax County School Health Promotion
May Newsletter Articles

May Energy Train: Moving Every Day = Healthier You

Newsletter and/or KIT- Very Short

Did you know that kids need at least 60 minutes of physical activity every day? Physical activity doesn't have to be boring or a chore – and it can be more fun when the whole family gets involved! "Physical activity is any body movement that works your muscles and requires more energy than resting," according to the National Institute of Health (2015). Think about some fun things to do with your kids this spring and summer, like a hike or a game of tag. Get started today!

Newsletter and/or KIT- Short

Put a little spring in your step – move at least 60 minutes a day.

Spring is here and it is a great time to get out and have some fun in the sun! Activity doesn't have to be painful, it just needs to be fun. Be creative and make new games with your kids. Include the three elements of fitness:

- **Endurance**- Aerobic activities such as soccer or swimming gets the heart pumping. It strengthens the heart which promotes longer periods of activity.
- **Strength**- Activities that build strength do not always involve weights. Push-ups, abdominal crunches and playing on monkey bars will strengthen those muscles.
- **Flexibility**- Activities that allow muscles to stretch helps decrease the risk of injury. Try games that include picking up things slightly out of reach to increase flexibility. Or try yoga!

Physical activity is not only fun but also improves mood, increases concentration and can help your child do better in school!

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This resource is provided by the Fairfax County Health Department for use by the Fairfax County Public Schools and other community organizations.

More Info:

http://kidshealth.org/en/parents/exercise.html#

https://www.nhlbi.nih.gov/health/health-topics/topics/phys

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