School Health Promotion
Newsletter Articles

MAY: We Are Made to Move!

Very Short Text:

Kids need at least 60 minutes of physical activity every day. Why? Kids who are active maintain a healthier weight, do better in school, have fewer absences and feel better about themselves. Encourage your child to get moving by playing sports, going to the park or walking around the block after dinner. Learn more by visiting www.letsmove.gov.

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Short Text:

Everyone knows our bodies are made to move. But, did you know that kids need at least 60 minutes of physical activity every day? Active kids maintain a healthier weight, do better in school, have fewer absences and feel better about themselves.

Encourage your child to get at least 60 minutes of activity a day. Here are just some of the ways parents can encourage their kids to get the physical activity they need:

- Ride a bike.
- Walk the dog.
- Jog in place.
- Run up the stairs.
- Go for a walk around the block after dinner.
- Do stretching exercises while watching TV.
- Choose activities that your child enjoys!

For tips on increasing physical activity, visit www.choosemyplate.gov and www.fitness.gov.

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A Fairfax County, Va., publication. April 2014. If you would like this information in another format please call 703-246-2411, TTY 711.

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

Longer Text:

May is National Physical Fitness and Sports Month. Studies show that kids who get at least 60 minutes of physical activity a day are healthier, do better in school, have fewer absences and feel better about themselves.

Choose moderate to vigorous activities that kids enjoy and can do regularly. As part of your child's daily physical activity, encourage muscle-strengthening activities—like climbing—at least 3 days a week, and bone-strengthening activities—like jumping—at least 3 days a week.

Fitting activity into a daily routine is easy. For example:

- Pick up kids after school and allow them to play on the playground equipment.
- If safe, walk home with kids after school.
- Take kids for a brisk walk around the block after dinner.
- Play your kid's favorite song and dance together.
- Ride bikes.
- Do stretching exercises while watching TV.

Choose activities that your child enjoys! Encourage kids to get at least 10 minutes of activity at a time. Short bursts of activity can add up over the course of a day.

More Information:

- U.S. Department of Health and Human Services, National Physical Fitness and Sports Month, http://www.foh.hhs.gov/Calendar/may.html
- Tips for increasing physical activity: www.choosemyplate.gov; www.fitness.gov.

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