

EAT HEALTHY · MOVE MORE · LIVE WELL



Be an Active Family

The best way to raise an active child is to be an active family. Be a physically active role model!



Physical activity can make a big difference

Children need more physical activity than adults!

Active play...

Helps children stay at a healthy weight.

Lowers risks for diseases like diabetes and high blood pressure.

Grows stronger bones, muscles, and joints.

Lowers stress, depression, and anxiety.

Raises self-esteem and confidence.

Offers fun alternatives to risky behavior like drug and alcohol use.

Get your child moving

Limit TV and screen time to less than 2 hours a day.

Make sure your child plays actively inside or outside for at least **1 hour** a day.

Give your child household chores like vacuuming, dusting, raking, sweeping, shoveling snow, and walking the dog.

Find lessons, teams, or clubs for sports and activities your kids like.



Find
resources

near you at:
health.ri.gov/movemore



Play with your child

Play active games with your child, like tennis, hide-and-seek, Simon Says, or tag. Challenge “bored” kids to invent a game.

Turn on music and dance with your child – or fly a kite or ride bikes together.

Find 30 minutes twice a week for the whole family to do a physical activity together. Visit the rec center, invent a game together, and add physical activities to parties, family outings, and vacations.

Team up with other parents to take turns walking kids to the bus stop or school.



Physical activity
lowers your risk
for heart disease,
heart attack, high blood
pressure, high cholesterol,
diabetes, stroke, obesity,
and being overweight.

Adults should be active too

Do moderate or vigorous activities – or some of each – 3 or 4 times a week for your health!

For the greatest health benefits, do a mix of moderate and vigorous activity and bone- and muscle-strengthening activity.

Moderate

2½ hours (150 minutes) each week

Moderate activity feels somewhat hard. You can carry on a conversation, but you can't sing.

It includes things like ballroom dancing, fast walking, and catch-and-throw sports, like softball.

Vigorous

1¼ hours (75 minutes) each week

Vigorous activity feels very hard. Your heart beats fast and you can't carry on a conversation.

It includes things like running, soccer, and swimming laps.





Physical activity helps you:

Lower your risk for diseases.

Improve your endurance, balance, and flexibility.

Have more energy and muscle strength.

Control your weight and blood pressure.

Reduce symptoms of stress, depression, and anxiety.

Sleep better.

Tips to get you started – and keep you going

Start with light or moderate activities for short time periods.

Spread physical activity through the week.

Add more vigorous activities once you have been moderately active for a while.

Do physical activity with someone else.

Add more physical activity to your day:

- Take a walk for 10 or 15 minutes on your lunch break.
- Take stairs instead of escalators and elevators.
- Park farther from the store and walk through the parking lot.



Set **goals**
and track your
progress.

Sample activities

For the best health benefits, children and teens should do a mix of moderate and vigorous activity plus muscle- and bone-strengthening activity for at least **1 hour** each day.

Moderate

Hiking

Biking

Walking

Yard work

Vacuumping and mopping



For strong muscles

Tug-of-war

Tree climbing

Sit-ups, push-ups, or pull-ups

Vigorous

Tag

Jumping rope

Soccer

Dancing



For strong bones

Tennis

Gymnastics

Volleyball

Basketball

Give gifts that use physical activity, like jump ropes, hula hoops, and basketballs.



Resources

American Heart Association
www.heart.org

MyPlate – United States Department of Agriculture
www.choosemyplate.gov

Rhode Island Department of Health
www.health.ri.gov/movemore

VERB™ Campaign – Centers for Disease Control and Prevention
www.cdc.gov/youthcampaign



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