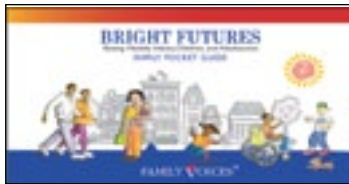




January 2013

PHYSICAL ACTIVITY



The information in this issue is taken from the new Bright Futures Family Pocket Guide, developed by Family Voices IMPACT. To order a copy, go to: <http://bit.ly/BrightFutures-FamilyPocketGuideorders>

With an Improving Understanding of MCH grant, Family Voices IMPACT works to develop ways to improve health and wellness for all children and families, and to encourage partnerships between families and professionals for children's good health.

www.familyvoices.org and www.brightfuturesforfamilies.org.

This digest is funded by the U.S. Department of Health and Human Services—Health Resources and Services Administration—Maternal and Child Health Bureau, Division of Child, Adolescent, and Family Health UCMC21535.

FAMILY VOICES®

3701 San Mateo Blvd. NE, Ste. 103
Albuquerque, NM 87110
Toll-Free 888-835-5669

Get Moving!

That's today's message for everybody—infants through adults. Being physically active helps children and families build healthy habits that support a lifetime of health and well-being. Sports, games, and other activities are a great way for children and adults to develop new skills and have fun. In addition, physical activity combined with good nutrition helps promote a healthy weight.

MIDDLE CHILDHOOD (5-10 years): Join the Fun!



Help your child find enjoyable ways to be active, such as walking or biking

instead of riding in a car. Take the stairs, not the elevator. Being active with friends can increase the fun.

Join in the fun! Find activities your whole family enjoys that you can make part of your family's routine.

Limit your child's "screen time" to 2 hours or less a day. This includes watching TV, playing video games, texting, or using the computer (other than for homework).

ADOLESCENCE (11-21 years):



Encourage your teen to explore interests and find activities he enjoys—especially ones he can do lifelong. Some teens like to play organized

sports. As teens get older, sports often become more competitive. If your teen doesn't enjoy the pressure, look beyond the competitive sports to other types of physical activities such as community leagues, or sports like swimming, tennis, hiking, and running clubs where all are welcome.

RESOURCES:

- Let's Move: www.letsmove.gov
- Body and Mind (BAM): (for ages 9 – 13 years.) www.bam.gov/sub_physicalactivity/index.html
- National Center for Physical Activity and Disability: Encourages persons with disabilities to participate in regular physical activity to promote healthy lifestyles and prevent secondary conditions. www.ncpad.org/