



PHYSICAL ACTIVITY

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With an Improving Understanding of MCH grant, FamilyVoices 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.

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FAMILY VOICES®

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Get Moving!

One of the best gifts you can give your children for lifelong health and wellness is a love for being physically active. Set a good example for your kids and make physical activity a family affair:

- If the weather is nice, get out for a family walk after lunch or dinner. If it's cold, bundle up in layers, but don't let that stop you!
- Put on your favorite music with a happy beat and dance with your kids. You don't have to be good enough to win a dance contest!
- Park a little farther away from the store when you go shopping.
- Walk up stairs instead of taking the elevator.
- Do jumping jacks during TV commercials.

For more ideas on easy ways to add more physical activity to your day—and some healthy eating tips, too—go to: www.smallstep.gov/sm_steps/sm_steps_index.html

Three Kinds of Physical Activity:

- Aerobic activities like bicycling, or sports such as soccer or football
- Muscle strengthening activities like push-ups and weight-lifting
- Bone strengthening activities like jumping rope and running

Physical Activity is Important for Everybody—including Children with Special Health Care Needs or Disabilities!

Here's a link to a fact sheet from the National Center for Birth Defects and Developmental Disabilities (NCBDDD) about physical activity challenges facing people with disabilities: www.fitness.gov/npfsm/obesity-disabilities-factsheet2010-cdc.pdf

Hot Tips for Getting Started!

Turn off the TV—and the Computer, Video Games, DVDs, etc.! One of the best ways to help your family be more active is to limit the amount of time everybody spends in front of a screen.

The American Academy of Pediatrics recommends NO TV time for kids under 2 years old, and no more than 2 hours a day for the rest of us. When you do watch TV, at least get up and dance during commercials!

For more ideas: www.letsmove.gov

