

Take Recess Home!

Parents! Get Moving at Home With Your Kids:

- **Did you know** being physically active is a key element in living a longer, healthier, happier life?
- Try getting 30 minutes of physical activity a day while helping your kids gain 60 minutes of physical activity everyday.
- **The benefits of physical activity include:**
 - Improved self-esteem and feelings of well-being.
 - Increased endurance and muscular strength. Enhanced flexibility and posture.
 - Decreased risk for heart disease, certain types of cancer, and reduces the risk of type II diabetes.

Try This at Home: Choose activities that you enjoy and can do regularly. Fitting activities into a daily routine can be easy – such as:

- Enjoy an afternoon bike ride—get the whole family involved.
- Clean the whole house or wash the car.
- Reduce TV. time! Get out and play with your kids—dance to your favorite music, do stretches, or plant and care for a vegetable or flower garden.
- Join a recreational club that emphasizes physical activity.
- Park farther away at the shopping mall and walk the extra distance. Wear your walking shoes and sneak in an extra lap or two around the mall.



Eat Healthy, Be Active and Have Fun While Being Physically Active!!



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