Healthy Lifestyle Habits

Physical Activity for Children
CDC (Center for Disease Control) recommends at least 60 minutes each day

AEROBIC activity should make up most of this time: walking, biking, swimming, running, relay races, tag games, sports, martial arts, skating

Aerobic intensities...
- Light: normal heart rate (walking)
- Moderate: heart rate increases, heavier breathing (skipping, jogging)
- Vigorous: Heart beats rapidly, out of breath: (running)

Physical activity routine should also include:
MUSCLE STRENGTHENING (at least 3 x week), like climbing, monkey bars, tug of war, sit ups, push-ups
BONE STRENGTHENING (at least 3 x week): These are impact activities and include hopping, skipping, jumping, jumping rope, running, hopscotch, sports

Screen Time
Emphasize, screen time is a privilege: if we abuse it, we lose it
- 2 hours or less each day
- Limit to 30 minutes at a time
- encourage movement during commercials
- Keep televisions in common family areas and out of bedrooms

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Time Management
Schedules do HELP
Schedule times during the week to be active as a family, i.e.: after dinner walks, skating, bowling, yard work, volunteering

Homework tips:
- Designate a homework area with adequate workspace (kitchen table, desk, etc)
- Minimize distractions by keeping TV off
- Take 10 minute stretch breaks or walks if homework takes more than an hour

Sleep Patterns
Recommendations:
- 3-6 Years Old: 10 ½ - 12 hours per day
- 7-12 Years Old: 10 - 11 hours per day
- 12-18 Years Old: 8 ½ - 9 ½ hours per day
Most children do not need a nap after they turn 6 years old. Bed times between 7-9pm. Having a routine is extremely important.

Creating a Healthy Environment
- Safe Outdoor spaces: yards, parks, sidewalks
  - Utilize public parks and rec centers
- Leave No Child Inside Collaborative, Nature Deficit Disorder
  www.kidsandnature.org
- Toys that promote movement: jump ropes, skips its, balls, Frisbees, bubbles, balloons
- Always practice riding safety when biking, skating or skateboarding by wearing your helmet and protective equipment.