

# 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)

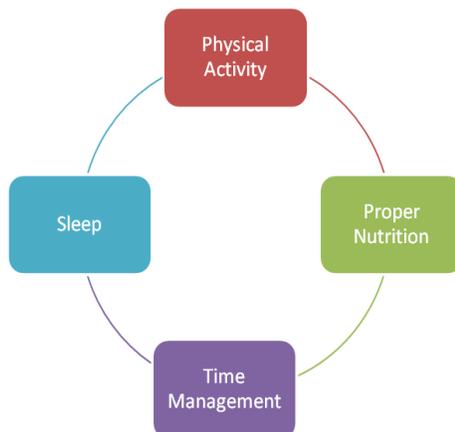
Physical activity routine should also include: **MUSCLE STRENGTHENING** (at least 3 x week), like climbing, monkey bars, tug of war, sit ups, push-ups

**BONE STRENGTHENING** (at least 3 x week): These are impact activities and include hopping, skipping, jumping, jumping rope, running, hop scotch, 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



## 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  $\frac{3}{4}$  - 12 hours per day
- **7-12 Years Old** : 10 - 11 hours per day
- **12-18 Years Old** : 8  $\frac{1}{4}$  - 9  $\frac{1}{2}$  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](http://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.