

# Parent Communications— Keep Moving!

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## Keep Moving! Feel Great!

Feeling exhausted at the end of the day? How about the kids . . . do they just want to flop in front of the TV? Physical activity helps you feel better right away, no matter what kind you choose.

Daily physical activity can give you more energy and improve your sleep and focus. Staying active over time also helps you keep a healthy weight. It protects you from heart disease, diabetes, high blood pressure, stroke, and osteoporosis (weak bones).

How much activity do kids need? Kids should get 1 hour or more of physical activity every day. This can be spread out in periods of 10-15 minutes. Kids should do vigorous activity on at least 3 days per week. This includes activities that make kids breathe hard and sweat. Try the following tips for keeping your family active:

- ▶ Play a game of tag or soccer after school.
- ▶ Instead of watching TV, take a walk or dance around the house after dinner.
- ▶ Plan at least one fun physical activity together on weekends.
- ▶ Involve kids in active chores, like putting away groceries or sweeping.
- ▶ Take the stairs when you're at your favorite museum or library.

Make sure that your children have opportunities for active play after school on most days of the week. This can be in your yard, at a playground, or in sports and recreation programs. Children who grow up in an active family are more likely to remain active as adults. An active lifestyle can help your family live longer, healthier lives. Set a good example by being active yourself! Encourage your children to find activities they enjoy. For more ideas on fun ways to get your family active, check out [www.cdc.gov/youthcampaign/marketing/adult/index.htm](http://www.cdc.gov/youthcampaign/marketing/adult/index.htm).

From L.W.Y. Cheung, H. Dart, S. Kalin, B. Otis, and S.L. Gortmaker, 2016, *Eat Well & Keep Moving*, 3rd ed. (Champaign, IL: Human Kinetics). Adapted, by permission, from *Food & Fun After School 2nd Edition Parent Communications*. ©2013 President and Fellows of Harvard College.

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Optional table:

► **Fun Ways to Stay Active**

<b>Examples of moderate activity</b>	<b>Examples of vigorous activity</b>
Games and sports that are similar to fast walking:	Games and sports that are more intense than fast walking. They make you sweat:
hopscotch, kickball, playground play, 4-square, bike riding, frisbee	swimming, basketball, jumping rope, running, soccer, aerobic dancing

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Optional e-mail message: Use this sample message to communicate with parents by e-mail (if available).

**Subject Line: Healthy Habits Power Tips—Keep Moving!**

Dear (school name and grade) Parents,

This week the *Eat Well & Keep Moving* program (your school name and grade) will focus on the importance of being physically active every day. Students will be instructed in the four steps of the safe workout: warm-up, fitness activity, cool-down, and stretch. Our key messages are the following:

- ▶ Moving your body is fun and helps your body be healthy and strong. All types of physical activities like playing, dancing, and sports are good for you.
- ▶ Do something active every day. Our goal is to engage children in regular physical activity in a way that encourages all children, regardless of their abilities.
- ▶ You can encourage regular physical activity at home by reinforcing the key messages, and by following these Healthy Habits Power Tips:

Be a good role model by doing regular physical activity yourself.

Play a game of tag or soccer after school.

Instead of watching TV, take a walk or dance around the house after dinner.

Plan at least one fun physical activity together on weekends.

Involve kids in active chores, like putting away groceries or sweeping.

Take the stairs when you're at your favorite museum or library.

Make sure that your children have opportunities for active play after school on most days of the week. This can be in your yard, at a playground, or in sports and recreation programs. Want to learn more? Click on [www.cdc.gov/youthcampaign/marketing/adult/index.htm](http://www.cdc.gov/youthcampaign/marketing/adult/index.htm) for ideas for games and activities to play.

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