

STAR kids should do at least 1 hour of moderate to vigorous physical activity every day.

Take Action!

- ✓ If your child isn't very active now, help him/her start slowly by adding 3-5 minutes of activity a day. Build up to 1 hour.
- ✓ Use stickers to keep track of days that your child does moderate to vigorous physical activity for a total of at least 1 hour.
- ✓ Be active yourself. When your child sees you enjoying activity, s/he will want to do it too.
- ✓ Talk to your child about what activities s/he would like to do.

What does your child like to do?

- walk briskly
- run
- play soccer
- shoot hoops
- jump rope
- bike
- dance
- play ball
- exercise videos
- swim
- climb
- group sports

There are
1,440 minutes in a day.

Use 60 of them
for physical activity.

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1 hour a day of moderate to vigorous physical activity

What is it?

- During moderate activity, you can talk but not sing.
- In vigorous activity, you can say a few words, then need a breath.



Here are some examples:

- Biking
- Fast walking
- Skateboarding
- Dancing
- Running
- Karate
- Team sports
- Tag
- Playing catch
- Jumping rope
- Dance Dance Revolution, Wii Fit
- Swimming

Why is it so important?

In general, kids who are physically active...

Have strong muscles and bones

Are more alert

Have less chance of type 2 diabetes

Do better in school

Sleep better

Have a better outlook on life

Have better self-esteem

Have better weight control

How can I help my child be more active?



- ★ Find indoor activities your child can do all year. Call the YMCA, community center, Boys & Girls Club, town recreation department, dance studios, or gyms to see what they offer.
- ★ Be physically active as a family. Take a walk after dinner, go for a bike ride, or play catch.
- ★ Schedule time every day for physical activity. If you don't plan it, it likely won't happen.
- ★ Give gifts like a jump rope, basketball, hula hoop, or sneakers instead of a video game or DVD.
- ★ Plan time for your child to get together with friends and play outside.

Do active video games count as physical activity?



Wii Fit™, Dance Dance Revolution, and other active video games can really get you moving!

Watch your child play and decide together if it counts as physical activity. If s/he is working hard and sweating, that's great! Kids still need time outside and running around, but these games can add to the total amount of physical activity done in a day.

Make your own Records Book

It's not the Guinness Book of Records, it's your own book of records!

Keep a list of your own physical activity "bests," like:

- Most jumping jacks
- Most jumps while jumping rope
- Most laps run, or longest time running
- Longest time keeping a hula hoop going
- Most basketball shots made in a row



You decide what to include, and then set out to break your own records.
Or make it a challenge with your friends!

**Moving? Please let us know your new address and phone number.
Call toll-free 1-866-874-0857, or email STAR@hphc.org**



Department of Population Medicine
Harvard Pilgrim Health Care Institute
133 Brookline Avenue, 6th Floor
Boston, MA 02215

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