Using My Physical Activity Belt
Physical activity is a fun way to keep my body healthy and strong! There are lots of ways I can stay physically active. I am ready to get started!
First, I will meet with my care team in the Down Syndrome Program. They will greet me and my family after I check in at the front desk.
Next, they will measure my height, weight and blood pressure. The blood pressure cuff feels like a tight hug around my arm. It will be over quickly.
Then, I will get a special belt to wear around my waist. This belt is really neat! It does not hurt or make noise.

The red box on the belt is called an accelerometer. It measures my movements while I rest and while I do my favorite type of physical activity. My care team can use the belt to help me learn which types physical activity help me most.
I should put on my belt when I wake up in the morning. I should take off my belt before bed. I will put it in a safe place.

I should not wear my belt in the bath or shower. I should be careful not to get it wet or lose it.
Then I will go home! Now I can use my belt. I am excited to get started!

When I am done, I or my family can mail the belt back to the Down Syndrome Program in a special envelope. If I have questions about my belt, I or my family can ask the care team.
Down Syndrome Program

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For more information please call 617-643-8912

Rev. 6/2018   Images courtesy of Ben Majewski and Pixabay®