Increasing physical activity is great for your kids and can be FUN for the whole family!

Lead the way! Be a role model!

Regular physical activity is important for your child’s overall health and wellbeing.

60 minutes of activity every day is essential for your kids to grow and learn

Activity strengthens the heart, muscles, and bones!

Freqency (every day)
Intensity (heart rate up)
Time (60 minutes)

All at once or in bursts throughout the day, it all adds up to 60 minutes!

National standards suggest schools provide 150 minutes of physical education per week in elementary schools and 225 minutes per week for middle and high schools.

Kids need to get their heart rate up with “GO” activities at and after school! Encourage kids to “GO for F.I.T.”

Encourage your kids to choose a variety of activities they enjoy! Try new activities to get their heart beating fast (running, swimming, biking, dancing), muscles stronger (push-ups, gymnastics), and bones stronger (jumping, volleyball, basketball).

Don’t limit activity to recess or PE class. 5 - 10 minute classroom activity breaks allow kids to stay active during the ENTIRE day.

“Jumping Jacks” give kids a way to actively answer questions.

“Toe Touches” break up the day.

Follow the doctor’s orders: no more than 2 hours in front of a screen per day.

Replace candy fundraising with charity walks.

Educators, learn more from the experts at https://sph.uth.edu/get60

This information is brought to you by CATCH

See our website www.catchusa.org for more information

Kids may resist at first, but be persistent!

Fit and active students perform better at school!

Find safe spaces for before and after school play!

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