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.

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

**Frequency** (every day) **Intensity** (heart rate up) **Time** (60 minutes)

Activity strengthens the heart, muscles, and bones!

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).

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.

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.

Encourage students to bike or walk to school.

**Find safe spaces for before and after school play!**

Fit and active students perform better at school!

Kids may resist at first, but be persistent!

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