

December

Building a Healthy SASD

Let's Get Active!!

Get **ONE HOUR** or more of **PHYSICAL ACTIVITY** every day.



Making physical activity a part of your day is important to make your body healthy. Children are encouraged to **get one hour or more of physical activity every day.** Physical activity is good for both kids and adults. Work together as a family to add more physical activity into your day. Take small steps toward the goal of one hour every day – start with just a few minutes a day and add a little bit each day until your body has time to adjust. Before you know it you will be physically active for at least one hour every day! So let's get active!!

Not Enough Time for Physical Activity?

We all lead busy lives, so fitting in one hour of physical activity may seem like a challenge. But keep in mind that all the physical activity you and your family do throughout the day adds up. Your one hour of physical activity does not have to be all at the same time. Think about all the opportunities you have in your day to build in more physical activity. Here are a few ideas to help you get started:

- Take the stairs instead of the elevator
- Park your car at the end of the parking lot
- Walk or bike to closer destinations, such as to school or the corner store
- Stretch during commercial breaks when you are watching TV



And even if you don't have the time for one hour a day, remember anything is better than nothing!

DID YOU KNOW? Physical activity helps build stronger bones, muscles and joints. But these are not the only benefits of being physically active. Physical activity may also help school performance, makes you feel more confident and improves self-esteem, helps you better manage stress, helps you sleep better at night, and helps with weight control.

Let Physical Activity be FREE and FUN:

To be physically active doesn't mean you have to join a pricey gym or invest in costly equipment. There are lots of opportunities to engage in physical activities that are FREE. Try to find activities your entire family can enjoy doing together. And remember, the more you make physical activity FUN for your family, the more they will want to do it!

- Turn on music and dance around the house.
- Walk the local mall on those cold, snowy days.
- Make snow angels or build a snowman.
- Visit a local park or trail. Check your municipal or township website for a list of local parks, trails and playgrounds in your neighborhood.

