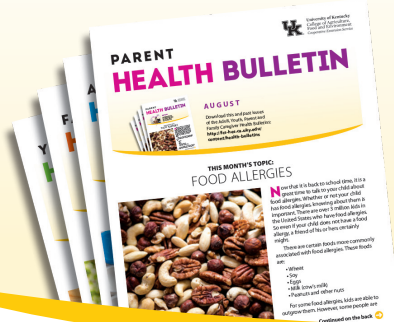




University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

PARENT

HEALTH BULLETIN



JUNE 2022

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Family Caregiver Health Bulletins:
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THIS MONTH'S TOPIC:

FAMILY HEALTH AND FITNESS



Celebrated the second Saturday of June each year, Family Health and Fitness Day is an opportunity to get out and discover all the health benefits of physical activity together. As a family, you can walk, workout, play, or explore a local park. When it comes to physical activity and sports, make fun the name of the game.

You know kids need physical activity to grow up strong and healthy. But did you know it can help them feel better right away? Being active consistently helps improve kids' sleep, mood, and even grades. Plus, when your kids are feeling good, your life is easier, too. So find ways to help your kids fit more activity into their day.

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Disabilities
accommodated
with prior notification.

Hiking, off-road cycling, camping, and snorkeling are ways to explore new places and teach your kids to appreciate nature.

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As part of their daily 60 minutes, kids and teens ages 6 to 17 need:

- Moderate-intensity aerobic activity. Anything that gets their heart beating faster counts. This can be the majority of their activity.
- At least three days a week, encourage your kids to step it up to vigorous-intensity aerobic activity.
- Encourage muscle-strengthening activity at least three days a week. Anything that makes their muscles work harder counts, such as climbing or swinging on the monkey bars.
- Add bone-strengthening activity at least three days a week. Bones need pressure to get stronger. Running, jumping, and other weight-bearing activities all count.

If your child is younger than 6:

- Aim to keep them moving 3 hours a day. More is better.
- Limit time when they are just sitting around (like screen time).

Adults need a mix of physical activity to stay healthy, especially to keep up with your kiddos.

- Get at least 150 minutes a week of moderate-intensity aerobic activity. Anything that gets your heart beating faster counts, such as cycling, swimming, walking, dancing, etc.
- At least 2 days a week, add muscle-strengthening activities. Do activities that make your muscles work harder than usual like lifting weights, using resistance bands, or heavy yard work.

Ideas to celebrate Family Health and Fitness Day:

- Get out and explore. Think hiking, visiting the zoo, mini-golf, off-road cycling, kayaking, camping, or snorkeling. You will get to explore new places and teach your kids to appreciate nature.
- Give gifts that promote physical activity.



Rollerblades, bicycles, ice skates, soccer balls, and even active-play video games make great gifts that promote physical activity.

- Keep it simple. Take a family walk in the morning around the block or have a dance party before dinner.

When kids run, jump, climb, skate, swim, and play, they get the mix of activities they need to be healthy. The good news is that it all adds up and so do the benefits. There is a sport or activity out there for everyone. Help your kids find fun ways to move. Help them get active now, and they will build healthy habits for life. So get your kids active and move with them!

REFERENCES:

- <https://www.nrpa.org/events/family-fitness-day>
- <https://kidshealth.org/en/parents/active-kids.html>
- <https://www.cdc.gov/physicalactivity/basics/adults>
- <https://www.cdc.gov/physicalactivity/basics/children>

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HEALTH BULLETIN

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