



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

YOUTH HEALTH BULLETIN



JUNE 2022

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THIS MONTH'S TOPIC:

FAMILY HEALTH AND FITNESS

Do you ever find it hard to sit still? When you are young, your body wants to move. So listen to your body, and get active every day to feel good! One of the best ways to move is with friends and family. Family Health and Fitness Day is Saturday, June 11. It is a special day to show the importance of movement by keeping families healthy and active. So celebrate this year by learning about physical activity and getting active on June 11.

Moving more can give you a boost in many different ways. Physical activity gives you energy and self-confidence and helps you feel relaxed. And, it is true that physical activity can help you do better in school.

How much activity do I need?

If you are between ages 6 and 17, you need at least 60 minutes of activity each day.



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Disabilities
accommodated
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Parents can help stock the house with healthy foods and plan physical activities for the family.

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So, what kind of activity do I need?

Get a mix of activity. Do things that:

- Strengthen bones: Jump, sprint, or do a cartwheel.
- Build muscles: Climb a rope, monkey bars, or pushups.
- Make your heart beat faster: Dance, bike, or skateboard.

Split up your 60 minutes over the day however you want. It all adds up!

- Before school: Walk to school or the bus stop. Dance around the living room while getting ready.
- At recess: Play soccer with your friends. Swing on the monkey bars.
- After school: Walk your dog or go to basketball practice.

Be sure to keep the focus on fun. Do not do something you do not enjoy. Physical activity and sports should always be fun! Sometimes



you just have to try different activities before you find the right one for you. Ask your parents to help find or participate in your favorite sports and activities. Parents can make activity easy by providing equipment, signing you up for classes or sports teams, and taking you to playgrounds and other active spots. Your parents can even stock the house with healthy foods and plan physical activities for the family.

Tell your parents about Family Health and Fitness Day, and start to plan how you are going to celebrate together. You can even teach them a thing or two about the physical activity recommendations for youths.

So get moving and do activities you enjoy with the people you love!

REFERENCES:

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



YOUTH
HEALTH BULLETIN

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