

PARENT HEALTH BULLETIN



JUNE 2023

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<http://fcs-hes.ca.uky.edu/content/health-bulletins>

THIS MONTH'S TOPIC:

ENCOURAGE YOUR CHILDREN TO BE FIT AND ACTIVE



Everyone needs to be active to keep their bodies healthy. Children need to be active to help their brains and bodies grow and develop in all of the right ways. As a parent, you have an important role in encouraging and helping your child in their attitude toward physical activity and fitness. You also need to help them access resources to be active in ways that they enjoy. Children and teens need to be physically active for 60 minutes or more each day, with activities ranging from informal, active play to organized sports.

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How you can help your child be fit and active:

- **Start early.** Young children love to play and be active. Give lots of time and opportunities to play in unstructured ways: running, climbing, throwing, catching, jumping, etc.
- **Make physical activity part of your family's daily routine.** Walk or bike instead of driving if possible or take the stairs.
- **Give your children equipment** that encourages physical activity.
- **Go places as a family where they can be active,** such as public parks, community baseball fields, or basketball courts.
- **Be positive about the physical activities** in which your child participates and encourage them to try new activities.
- **Be safe!** Always provide protective equipment such as helmets, knee pads, or gloves for activities such as riding bicycles, or scooters, skateboarding, roller skating, rock-wall climbing, and other activities where there could be a high risk of injuries. Make sure activities are right for the your child's age.

Physical activity has many health benefits for children and teens. Some of these benefits include:

- **Academic performance:** Activity improves attention and memory.
- **Brain health:** Movement reduces the risk of depression and anxiety.
- **Muscular fitness:** Build strong muscles and endurance through exercise.
- **Heart and lung health:** Activity improves blood pressure and aerobic fitness.
- **Cardio-metabolic health:** Staying active helps maintain normal blood sugar levels.
- **Long-term health:** Moving throughout your life reduces the risk of several chronic diseases, including type 2 diabetes and obesity.
- **Bone strength:** Strengthen your bones through activity.



As always, the best way to encourage your child is to lead by example. Find activities that you can do with your child, to spend time with them and share in the benefits of being active!

REFERENCE:

- <https://www.cdc.gov/physicalactivity/basics/adding-pa/activities-children.html>
- <https://www.cdc.gov/physicalactivity/basics/adults/health-benefits-of-physical-activity-for-children.html>

ADULT
HEALTH BULLETIN

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