
ACTIVE KIDS

Getting regular exercise is great for your health!

Benefits of Physical Activity:

You wouldn't believe how many health benefits come with an active lifestyle. Here are just a few examples...

- Reduced stress
- Improved strength and endurance
- Better heart health
- Improved self esteem
- More effective weight management
- Stronger and healthier bones, joints, and muscles
- Better sleep
- Reduced anxiety
- Enhanced immune system

So get active and reap the benefits for yourself!

Ways to Get Active:

The Centers for Disease Control and Prevention (CDC), the American Heart Association (AHA), and the Physical Activity Guidelines for Americans all recommend that "Children and adolescents should do 60 minutes (1 hour) or more of physical activity each day." Most of that activity should be aerobic exercise, with some muscle-strengthening and bone-strengthening work thrown in too.

So, what does that look like? Pretty much however you want! Try new sports or classes until you find one that piques your interest. Soccer, dance, baseball, yoga, track, gymnastics, etc are all fun places to start. How will *you* get active?

