

Dear Family,

Jump rope, play tag, ride a bike, or just run—how important is it for your child to get up and get moving? For starters, **physical activity helps control weight, reduces blood pressure, raises “good” cholesterol, and reduces the risk of diabetes and some kinds of cancer.** It also improves self-confidence and self-esteem, can improve moods, and can help improve sleep. That’s all good news! The American Heart Association recommends that all **children ages two and older participate in at least 60 minutes of enjoyable, moderate- to vigorous-intensity physical activity every day (that means vigorous activities that are appropriate to their age, gender, and stage of physical and emotional development).** The benefits go beyond good health: physical activity can bring a family together, it doesn’t have to cost any money, and it’s fun!

Remember, your child doesn’t have to do 60-minute workouts. Two 30-minute or even four 15-minute periods of physical activity a day will benefit your child too.

Sincerely,

teacher



American
Heart
Association.

Your child is a participant in the American Heart Association’s Kids Heart Challenge. The AHA has five priority messages for your family:

Physical Activity

Healthy Eating

Sodium

Sodas and Other

Sugary Drinks

Tobacco/Smoking

Research shows that active parents raise active children.

Join your child with these tips to work activity into your daily routine:

- **Get outdoors!** Hike a local nature trail or ride bicycles along a bike path.
- **Schedule a family playtime.** Take a walk or play a family game of tag. Play catch or kick a ball around the yard.
- **Select toys that encourage movement,** such as balls, kites, skates, sleds, and jump ropes.
- **Limit screen time** to no more than two hours a day. Don’t put a television in your child’s bedroom, and limit computer and tablet use to school projects.
- **Plant a garden.** Caring for plants provides a reason to get outside, teaches kids where their food comes from, and lets your child sample fresh-grown foods to encourage healthy eating habits.
- **Do chores, such as raking leaves and shoveling snow, as a family.** The work will be completed more quickly, leaving more time for outdoor play!



Good to Know!

Here’s a fact: healthy kids have better grades in school, have better attendance, and behave better in class. Getting active is an important step to good health! Learn more at heart.org/HealthierKids.