

# Fitness is Fun – Especially when you do it together!

Today we talked to your kids about the importance of exercise.



## Why exercise?

- Healthy heart, lungs and muscles – feels good to be strong
- More energy
- Sleep better
- Prevent disease, obesity

There are three types of exercises:

- Cardiovascular exercise or cardio helps build a strong heart.
- Strength exercises help build strong, sturdy muscles.
- Flexibility exercises help lengthen and 'loosen' our muscles.



All three types of exercises are important for a healthy body, but it is important to try to be active for at least

**60 minutes every day.**

## What can you do?

- **Aerobic** - Do jumping jacks, play tag, dance, ride bikes, play basketball, swim laps. Anything that gets your heart beating quickly and leaves you short of breath is working your heart!
- **Strength training** - Sit down in your chair nice and tall and then stand up without using your hands. Repeat 10 times. To make it harder, pretend to sit in a chair and hold the position 10 to 30 seconds.
- **Stretches** - Reach to the sky and then slowly bend forward, and try to touch the floor. Hold this position for 30 seconds.
- **Other Ideas** - Challenge yourself and your family to do something as fast as they can such as clean the room, set the table or put away the laundry. Wash dishes or do other chores while listening to music and dancing. Do squats, or toe raises while brushing teeth. Get creative and fitness can be fun!

## Other Important things to remember:

- Eat a little bit before you exercise if it has been two to three hours since your last meal – food is fuel. Focus on fruits, vegetables, and grains.
- Drink water before, during and after. Unless you do aerobic exercise for over an hour, you need nothing more than water. Sports drinks are mostly sugar.
- Start gradually so you don't hurt yourself.
- Something is always better than nothing – five minutes helps and will make you feel better.
- **HAVE FUN!!!!**

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## FAMILY FUN ACTIVITY:

Get the whole family moving with a brisk walk. Maybe have a special destination like a park or play a game while walking, like hunting for items beginning with a specific letter. Take turns making the walk more interesting. Skip, spin, walk backwards, jump rope and lift knees high. Take turns choosing the direction to go. Find ways to challenge yourself with the walk.