

Let's Get



The Brain Benefits of Exercise

The Benefits of Exercise go way beyond just physical! Weekly exercise can improve memory, increase energy, make focusing easier, and help you sleep! These benefits aren't just true for your children, either! Exercise is fun, and suggested, for every age!

Ways to get Active

- Go to the Park!
- Go for a Bike Ride!
- Dance it out!
- Get into a sport like basketball!
- Get Swimming!



Sports and Beyond..

While getting involved in sports is the normal for some kids, there are just as many students that have other focuses. Outside of sports, there are plenty of other activities that promote physical health. Simply playing a game of tag or hide-and-seek are good ways to promote physical activities. If your student is more interested in activities like video games, try playing interactive games that get you moving!

Let's Talk Mental Fitness

Though the focus is on physical health, it's important to take time to look at mental health as well. Studies show mental health has just as an important effect on your life as physical health. To ensure you and your child stay mentally charged, make sure you get plenty of rest and "brain breaks".

	RECOMMENDED DAILY/WEEKLY EXERCISE	WHAT THIS INCLUDES
5-11 YEARS	60 minutes of moderate to vigorous physical activity daily	<ul style="list-style-type: none"> ○ Intense activities at least 3 days per week ○ Muscle and bone strengthening activities 3 days a week
12-17 YEARS	60 minutes of moderate to vigorous physical activity daily	<ul style="list-style-type: none"> ○ Intense activities at least 3 days per week ○ Muscle and bone strengthening activities 3 days a week
18-64 YEARS	150 minutes of moderate to vigorous physical activity weekly	<ul style="list-style-type: none"> ○ Muscle and bone strengthening Activities at least 2 days a week
65 YEARS AND OLDER	150 minutes of moderate to vigorous physical activity weekly	<ul style="list-style-type: none"> ○ Muscle and bone strengthening Activities at least 2 days a week