



“Be a Super Crew Star. Get up and play! Kids and teens need at least 60 minutes of activity each day.”

– Andy

Get Active!



Pledge #4:

This month, I WILL:

- ✓ Complete the activities _____ and _____, with my child/ren.
- ✓ Do an activity that gets our heart rates up every day.
- ✓ Incorporate different types of exercise into our weekly routine.
- ✓ Swap ½ an hour of TV or computer screen time for ½ an hour of activity every day.
- ✓ Figure out a fun physical activity we can do *together* every week.
- ✓ Help my child prepare this month’s recipe, **Blueberry Blast Smoothie**.

Being physically active every day and moving throughout the day is essential to reducing cancer risk. Why? Because moving your body – by doing exercise, household chores, sports and/or social activities – helps reduce risk of colon and other cancers as well as risk for diabetes and heart disease.

Along with eating a healthy diet, physical activity helps kids and adults maintain a healthy body weight – another way to lower cancer risk.

Your fourth *Healthy Kids Today – Prevent Cancer Tomorrow* toolkit focuses on physical activity and how it gives us the power to think more clearly, play longer and feel better!



Types of Physical Activity

Aerobic Activities (also known as cardio or endurance activities) work our large muscles, increase our breathing capacity and strengthen our heart.

Examples: swimming, brisk walking, jogging, running, bicycling, jumping rope

Muscle-Strengthening Activities make our muscles work or hold against an applied force or weight. When participating in muscle-strengthening activities, variety is key so you can work all of the major muscle groups of the body including the legs, hips, back, abdomen, chest, shoulders and arms.

Examples: jumping, climbing stairs, climbing trees, playing tug-of-war, gymnastics, hockey, soccer, volleyball, Pilates, lifting weights, resistance training

Bone-Strengthening Activities (also known as weight-bearing or weight-loading) produce a force on the bones promoting bone strength. The rate of bone development is highest in the early years, which makes it important for children to participate in bone-strengthening activities.

Examples: basketball, running, tennis, hopscotch, gymnastics and jumping rope



Why Is Physical Activity Important?

Physical activity reduces the risk of:

Cancer: Participating in regular physical activity helps keep our hormone levels healthy. Physical activity may also enhance our immune system, help keep our digestive system functioning properly and allow us to consume more food and more cancer-protective nutrients.

On the other hand, studies suggest that sitting for long periods of time throughout the day may *increase* cancer risk no matter our body weight or physical activity level.

Heart disease: Symptoms of adult heart disease, like high blood pressure, can start in childhood. But physical activity and eating healthy food can prevent this disease. So protect your children now and in the future by helping them establish a healthy lifestyle.

Hypertension, Obesity, Osteoporosis, Type 2 Diabetes and Depression

How Much Physical Activity Do We Need?

Children and adolescents ages 6-17 years should participate in at least 60 minutes of physical activity each day.

- The majority of the 60 or more minutes per day should include aerobic activity.
- Vigorous intensity activities, muscle- and bone-strengthening activities should each be included at least 3 days per week.

For lower cancer risk, AICR advises that adults ages 18 years and older do at least 30 minutes of moderate physical activity each day. To achieve this goal, try:

- 150 minutes of moderate-intensity aerobic activity every week + muscle-strengthening activities 2 or more days a week, or
- 75 minutes of vigorous-intensity aerobic activity every week + muscle-strengthening activities 2 or more days a week, or
- A mix of moderate- and vigorous-intensity aerobic activity every week + muscle-strengthening activities 2 or more days a week

Physical Activity Helps You To:

- Think more clearly
- Have more energy
- Sleep better
- Feel more cheerful
- Perform better in school
- Have better coordination: jump higher, run faster, dance better
- Strengthen your heart, lungs, muscles, joints, bones and functioning of internal organs
- Protect yourself from chronic disease in the future
- Have fun with friends and family!



Top 10 Ways to Get Your Children to Participate in Physical Activity

- 1 **Start Them Young.** Children who are physically active are more likely to become healthy and active adults. It's good to encourage the habit of physical activity at a young age, although we can experience the health benefits of regular physical activity at any age.
- 2 **Set a Good Example.** Buddy up with your kids to get more active. Let them know that you both need to be active for good health and lower cancer risk. Your children look up to you and your physical activity habits just like they do for nutrition. Make physical activity a regular part of your life and it will become a part of your child's too.
- 3 **Make It Enjoyable.** Choose activities that your children enjoy so you will be more likely to make them part of your everyday life. Try a variety: Shoot a few basketball hoops one afternoon, visit a nearby rollerskating rink or community pool, or hike on an easy trail.
- 4 **Trade Screen Time for Physical Activity.** Children age 2 and older should have no more than 2 hours per day of screen time (TV, computer, etc.) and children younger than 2 years should have no screen time. Substitute 30 minutes of physical activity, or use the screen for "exergames" — video games such as Wii or Dance Dance Revolution.
- 5 **Break It Up!** It may be easier to break up your child's 60-minute per day goal into shorter periods of 15 or 30 minutes. For example, for 8-10 year olds, wake them up 15 minutes earlier so they can play outside before school, encourage them to run around and play on the jungle gym for 15 minutes at recess and then go on a family bike ride for 30 minutes after school and work.
- 6 **Plan It Out.** Plan on doing physical activity as a family and make time for it during your busy week. Create weekly events such as Sunday bike rides, after dinner walks or making a new house rule of doing physical activity – playing Simon Says, having a push-up contest or dancing to a lively song – during TV commercial breaks.
- 7 **Encourage Your Children.** Make physical activity experiences positive ones. Give children toys that encourage them to be physically active like a jump rope, kites or balls, then play together with them.
- 8 **Don't Give Up!** Start toward your goal of 60 minutes or more of daily physical activity gradually. Add 5 or 10 minutes a day for the first week or two, then increase it by the same amount for awhile. As you continue to exercise, activities that seemed difficult at first get easier!
- 9 **Choose Age-Appropriate Activities.** Children enjoy unstructured play, which includes games like tag, hopscotch, bike riding or running around during recess. Adolescents are able to participate in organized sports like basketball, football or swimming and active recreation such as canoeing or rollerblading, including muscle-strengthening activities like weight lifting.
- 10 **Sleep Counts.** To have the energy to be active every day, children under age 5 need 11 hours or more per night, children 5-10 years need 10 hours or more and children over age 10 need at least 9 hours per night.

"Check out this month's activities: Kid Power Recipe for Blueberry Blast Smoothie, SuperCrew® Exercise Tracker Activity and Lesson Plan."

—Super Baby Abigail

