



JUNE

FAMILY PHYSICAL ACTIVITY

IowaHealthiestState.com

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DID YOU KNOW?

Adults should get at least 150 minutes of moderate intensity physical activity a week and children ages 6-17 should aim for 60 minutes of moderate to vigorous physical activity daily. Getting the right amount of physical activity improves stress management, mental health, energy level, and physical health among many other things!



STRATEGY 4:

Provide opportunities to get physical activity every day.

- Do you provide an opportunity for your children to be physically active every day?
- Do you prohibit withholding physical activity as punishment?

STAY PHYSICALLY ACTIVE AS A FAMILY

Kids and adults need physical activity every day, so why not do it together and bond while you get moving?

LEAD BY EXAMPLE:

As a parent or guardian, your actions speak louder than words. By incorporating exercise into your routine, you show your family how important it is to feeling your best! When your kids see you staying active and enjoying the benefits, they'll want to do the same!

TRY THESE FUN IDEAS, AND MAKE THEM PART OF YOUR ROUTINE:

- Take family walks or play a sport like basketball or catch every day around the same time.
- Plant a garden and have your kids help you to learn new skills and spend time with nature everyday.
- Get your kids involved with housework like raking leaves or shoveling snow.
- Bike, skate, walk or hike to explore new areas near your house, or to run errands like going to the grocery store!



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