

PRESCRIPTION FOR HEALTHY ACTIVE KIDS



Physical Activity is an Important Part of Growing Up

To grow up healthy, you need physical activity (exercise) and good food every day.

You need to do at least 30 minutes of all kinds of physical activity each day, including:

*Moderate activities like brisk walking, skating, biking, and

**Vigorous activities like running, basketball or soccer, which make your heart beat even faster.

Once you're up to 30 minutes a day...keep going until you reach at least 90 minutes! Every month set a goal and add more minutes of physical activity to each day.

You also need to spend less time being "non-active." That's the time you spend watching TV, playing video games or on the Internet. Cut down these activities by at least 30 minutes each day.

This chart shows you how it works!

	Daily INCREASE in moderate* activity (minutes)		Daily INCREASE in vigorous** activity (minutes)		Total daily INCREASE in physical activity (minutes)	Daily DECREASE in non-active time (minutes)
MONTH 1	at least 20	+	10	=	30	30
MONTH 2	at least 30	+	15	=	45	45
MONTH 3	at least 40	+	20	=	60	60
MONTH 4	at least 50	+	25	=	75	75
MONTH 5	at least 60	+	30	=	90	90



Good reasons to do more physical activity every day:

- Build strong bones and muscles
- Stay flexible
- Help stay at a healthy weight
- Feel more relaxed
- Better posture and balance
- Better fitness and endurance
- Strengthen your heart
- Grow up healthy and strong
- Feel better about your body
- Meet new friends while you are doing it

Strength, flexibility, endurance

These words describe different kinds of activities. Your body needs all of these to be healthy:

- Strength activities, like lifting and carrying, help build strong bones and muscles.
- Flexibility activities, like stretching and bending, keep your joints moving and help prevent injury.
- Endurance activities, like running or aerobics, keep your heart strong.

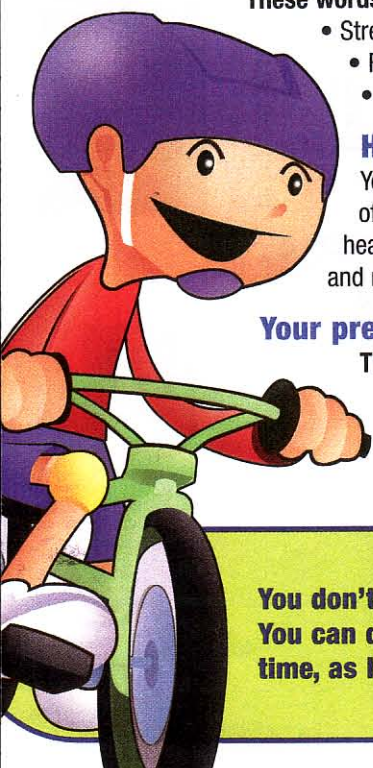
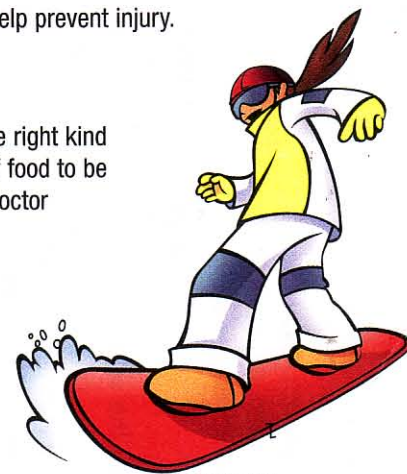
Healthy eating is important too

Your body needs good nutrition to stay healthy. Think about how a car needs the right kind of gasoline to make it go. Your body is a bit like a car. It needs the right kinds of food to be healthy and active. Check with Canada's Food Guide to Healthy Eating and your doctor and remember – eat healthy every day!

Your prescription for active living

This "prescription" will help you:

- Spend at least 30 minutes more every day on physical activity.
- Reduce your non-active time by at least 30 minutes each day.



You don't have to do your physical activity all at once. You can do different activities for 5 or 10 minutes at a time, as long as they add up to at least 30 minutes.



Physical activity doesn't have to be hard, and it can be fun. It's easier if you do things you enjoy. Here are some ideas to try:



- Go for a fast walk after supper with the family.
- Help carry the groceries.
- Take the stairs instead of the elevator.
- Walk to school or get off the bus early and walk the last two stops.
- Go to the playground to climb or swing.
- Jump rope, kick a ball around, play Frisbee, or pitch and hit with a friend.
- Help clear the snow, make a snowman, or toboggan.
- Ride a bicycle or a scooter.
- Walk the dog, or go for a run.
- Take a class like yoga, hip-hop, aerobics or gymnastics.
- Go swimming, bike riding, bowling.
- Check out some activities at your community centre.
- Put on your favourite music and dance.
- Rollerblade, ski, skate. You can always borrow what you don't have.





Your doctor will help you create a physical activity plan just for you. Over the next month, mark your progress each day.

's Personal Physical Activity Plan



START DATE _____

MINUTES PRESCRIBED BY YOUR DOCTOR	LIST THE ACTIVITIES YOU DID	MINUTES DONE	HOW MANY FRUITS AND VEGETABLES DID YOU EAT TODAY?	HOW MANY GLASSES OF WATER DID YOU DRINK TODAY?
WEEK 1				
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				
WEEK 2				
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				
WEEK 3				
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				
WEEK 4				
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				



Bring this sheet back to your doctor's office on _____ so that you both can review how you are doing.



For more information: www.caringforkids.cps.ca
 To order Health Canada's Physical Activity Guides for Children and Youth: www.healthcanada.ca/paguide or 1-888-334-9769

Financial assistance for the development of this piece provided by Health Canada.