



Help Keep Your Child Healthy Through Exercise and Physical Activity!

1. Did you know that children ages 6-17 should have 60 minutes per day of activity for good health?

This can be from organized sports, unorganized play, family exercise and activities, or any combination of those! Boys should have approximately 13,000 steps per day and girls should have about 11,000 steps per day of activity.

2. Should my child do resistance or strength training?

Yes! Strength or resistance training can be introduced when a child is ready for sports activities (usually around age 7 or 8) and should be performed 2 or 3 times a week to increase strength and contribute to fitness. Weights should be light and progressed slowly to avoid injuries. Both the American College of Sports Medicine (<http://bit.ly/1nCTBaO>) and the National Strength and Conditioning Association (<http://bit.ly/W6LXey>) recommend resistance training as being safe for children and adolescents.

3. Did you know that physical activity and exercise can reduce symptoms of depression and anxiety in children, as well as improve academic performance?

Physical exercise and activity has a positive effect on the brain's health and function as well as the body's fitness!

4. If my child is overweight, will exercise help?

Yes, activity and exercise will definitely be helpful. It's important to remember that it takes more than exercise to maintain a healthy weight, and changes in diet and eating habits are important. Ask your healthcare provider if you are concerned about your child's weight.

5. How do I help my child be more active?

- Reduce screen time (TV, computer, video games, and phones).
- Take a family walk after dinner. Play at the park or go for a family bike ride or hike.
- Explore opportunities to learn a new activity (such as martial arts, dance, or yoga).
- Volunteer for your child's sports team or physical activity event. Invite them to take part in your physical activity.

6. Where can I find out more?

The First Lady's 'Let's Move' campaign:
<http://www.letsmove.gov/>

Youth Physical Activity Guidelines Resources at the Centers for Disease Control and Prevention:
<http://1.usa.gov/UaKnqL>



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