

- **PLAY:**
 - Hide & Seek
 - Four Square
 - Basketball
 - Baseball
 - Football
 - Wii
 - Catch
 - Ultimate Frisbee
 - Frisbee Golf
 - Tennis
 - Golf
 - Simon Says
 - Red-Light, Green-Light
 - Limbo
 - Musical Chairs
 - Follow the Leader
 - Tag
- **GO:**
 - Ice Skating
 - Roller Blading
 - Roller Skating
 - Biking
 - Swimming
 - On a Nature Walk
 - Snow-shoe
 - To the Park
 - Cross-country ski
 - Sledding
 - Puddle Jumping
 - For a Walk
- **USE:**
 - Pogo Sticks
 - Hula-hoops
 - Hacky Sacs
 - Jump Ropes
 - Scooters
 - Balls
 - Bubbles
- **DO:**
 - Jumping Jacks
 - Make chores active- race to see who finishes first
 - Walk the dog or the neighbor's dog
 - Walk/ride bike to friend's houses or school
 - Visit walking friendly places (zoo, museum)
 - Walking backwards races
 - Pretend to be animals
 - Make an obstacle course
 - Act out a song or book
 - Yoga
 - Race up and down stairs
 - Stretch while watching TV/movies
 - Have a Scavenger Hunt
 - Run through the sprinkler
 - Dance

Kids Move 60

Nearly 27% of children in ND and 23% in MN are obese and 52% of ND high school students do not meet the daily recommended levels of physical activity. Teach children the importance of 60 min/day of physical activity from a young age and they will have the tools to remain healthy throughout their lives.

Benefits of Physical Activity

- Energy to do what you want to do
- Reduced risk of health problems
- Increased self-esteem
- Fewer sick days
- Increased brain power
- Consistent weight control
- Stronger bones and muscles
- Better sleep
- Fewer injuries



Physical Activity Guidelines for Children

1. Children should accumulate at least 60 minutes, and up to several hours, of age-appropriate physical activity on all, or most days of the week.

Aerobic Activities: Most of the 60 or more minutes per day should be either moderate- or vigorous-intensity intermittent aerobic physical activity. Include vigorous-intensity physical activity at least 3 days per week.

Muscle-strengthening Activities: Include on at least 3 days/week, as part of the 60 or more minutes.

Bone-strengthening Activities: Include on at least 3 days of the week, as part of the 60 or more minutes.

2. Children should participate in:
 - Several bouts of physical activity lasting 15 minutes or more each day.
 - A variety of age-appropriate physical activities each day.
3. Extended periods (two or more hours) of inactivity are discouraged for children, especially during the day.

Overcoming Obstacles

- Every little bit counts- 5 minutes at a time can add up to 60 minutes during the day
- Limit screen time- gets kids moving
- Motivate- remind kids that it feels good to be active and that what the body can do is impressive. Teach kids to be proud of their body.
- Be an example- make being active a family event.
- Explore- allow kids time to explore their surroundings, especially the outdoors.



For more information visit www.healthycc.org

