

## A Weight Management Program for Children Ages 4-18 and Their Families



### Did you know?

- Everyone needs at least 60 minutes of moderate activity everyday. Moderate activity is just “moving time.” Walking the dog, doing chores around the house, washing the car are all examples of moderate activity.
- Everyone needs 20-30 minutes of vigorous activity three to five times a week. Vigorous activity is the activity that really challenges our bodies. Running, playing basketball, dancing and jumping rope are examples of vigorous activity.
- You should aim for 10,000 steps per day, EVERYDAY.
- Regular physical activity not only helps us burn calories, but it also helps to strengthen our muscles, bones, heart and lungs.
- The four steps in a workout routine: Warm Up, Cardiorespiratory or Strength Activity, Cool Down and Stretching. Stretching is the most commonly skipped component of physical activity.
- When strength training, you should only work each muscle group two to three times a week.
- The average American watches four hours and 35 minutes of television a day. We should limit screen time (TV, videogames and nonacademic computer time) to two hours or less a day.

### Tips to get in Daily Physical Activity

- Park and walk – Whenever you have an errand or are going to work, park your car in the farthest spot in the parking lot.
- Take the stairs – Forget the elevator. By simply taking the stairs every chance you can, you’ll expend more calories without even thinking.
- Make physical activity part of your family’s daily routine by taking family walks or playing active games together.
- When the weather gets cold, don’t sit inside. Bundle up and get your activity in by doing things such as playing in the snow, shoveling the driveway, going for a hike or a run, or playing a game (tag, capture the flag).
- Keep exercise equipment in a spot where you can see it everyday. This way you will remember to do it. If it’s hidden in a closet, it’s easy to put it off until the next day and forget about it.
- Limit your TV watching to less than two hours a day.
- While watching TV, do some exercises during commercial breaks (push-ups, crunches, jumping jacks, jump rope, etc.).