

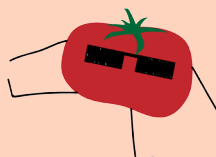


# GET MOVING!

With your child, draw a line between the fruit or veggie and the exercise it is doing! After you match the exercises, give it a try. Circle your favorite exercise.

## MARCHING

March in place for one minute, bringing your knees up until level with your hips.



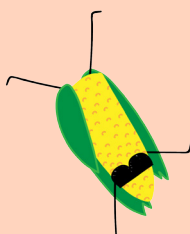
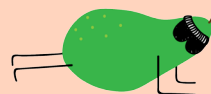
## PLANKS

Hold your weight on your elbows and feet for 30 seconds, keeping your hips in line with your body.



## LUNGES

Take a step in front of you and try to get your back knee as close to the ground as you can.



## STRETCH

Reach over your head and stretch out your arms. Don't forget to stretch your legs!

## CARTWHEEL

Carefully try to cartwheel. If you don't feel comfortable, do a somersault.

## TOE TOUCH

Keeping your leg straight, lift your foot until you can touch your toes. Repeat 5 times.



## How long should my child be active for?

According to the Physical Activity Guidelines for Americans, children should aim for 60 minutes of physical activity each day. Don't be discouraged -- they may already be meeting the requirement! This can include walking, running, playing soccer, doing gymnastics, playing tag, or biking to school. The possibilities are endless! It's important that your child is incorporating aerobic activity, muscle strengthening and bone strengthening in their activities.

### AEROBIC ACTIVITY

Involves your body using more oxygen so you breathe harder.

*One example is running!*

### MUSCLE STRENGTHENING

Any exercise that helps build up muscle.

*One example is lifting weights!*

### BONE STRENGTHENING

Any exercise that helps build and maintain strong bones.

*One example is jumping rope!*

## Why should we be active at home?



Physical activity is an important part of health. Make it a part of you and your child's daily routine! Some benefits of physical activity include reducing the risk of heart disease and type 2 diabetes. Physical activity can even help strengthen your child's bones and muscles as they grow! Physical activity also can help decrease stress, improve overall mood, and maybe even improve memory and sleep. These benefits can help your child stay focused and attentive in school and at home.

## Become an Active Family

As a leader of your family, you have the ability to encourage a positive attitude toward physical activity for your child. Encourage your child to be active for at least 60 minutes each day. How? Be active with them! Take family walks together or go on a bike ride around the neighborhood. Remember, you are setting a strong foundation for your child's future health.



## HEALTHY FAMILY CHALLENGE

-  Track your family's physical activity for the week.
-  Incorporate a family-centered exercise this week, like going on a walk or jumping rope.

This material was funded by USDA's Supplemental Nutrition Assistance Program —SNAP, an equal opportunity provider and employer. SNAP (CalFresh) provides assistance to low-income households and can help buy nutritious foods for better health. For CalFresh information, call 1-877-847-3663.