

MOVE MORE, SIT LESS!

UNDERSTANDING THE PHYSICAL ACTIVITY RECOMMENDATIONS

Bodies are made to move and children and youth need to be moving more. How much more?
At least 60 minutes every day!

What types of activity?

- ◆ Heart-pumping aerobic activity like running, basketball, soccer and biking at least 3 days each week
- ◆ Strengthening activities 3 days a week like climbing and swinging at the playground, push-ups, running, and jumping rope

Moving in all different ways helps children develop physical literacy AND a love of movement.

“Kids’ bodies have to move to get the wheels in their brains turning. They need to be active. Their brain health depends on it. A growing body of evidence indicates that physical activity in childhood is essential for a healthy brain.”

([The Brain + Body Equation, 2018 ParticipACTION Report Card](#))

Physical Literacy is when kids have developed the skills, confidence, and love of movement to be physically active for life.

Parents who are active tend to have children who enjoy being active.

Adults need at least 30 minutes of physical activity most days of the week. If you and your family are not meeting the recommendations, begin slowly and gradually increase the amount of time you spend being active. Find a few fun activities that the whole family can do together. If you need ideas, check your local recreation centre.

For more information:

- ◆ Your local [Public Health Unit](#)
- ◆ [24-Hour Movement Guidelines for Children and Youth](#)
- ◆ [Physical Activity Tips for Children \(5-11 years\)](#)
- ◆ [ParticipACTION](#)
- ◆ [HealthLink BC - Physical Activity for Children and Teens](#) or dial 8-1-1 (a free call)