

Healthy MOVES for Healthy Families

Keeping Exercise Fun & Safe

Start It Up: MOVE every day. Children should MOVE at least 60 minutes a day and adults for at least 30 minutes a day. Include light muscular endurance exercises. Take it easy – you should have slight muscle soreness without injury. Work at this level for 2 to 4 weeks, and when it’s easy progress to the next level.

Step It Up: Start to MOVE faster with your workout to raise your heart rate and lightly sweat through most of the time. Begin with 5 to 10 minutes of this intensity a few times a day. Gradually increase this time to 20 to 30 minute sessions to achieve your 60 minute goal a day. Take the “talk test” - you know you’re moving too fast if you have to take a breath between every word you say, and too slow if you can sing a song without breathing hard.

Keep It Up: today....and everyday!

Tips for meeting these guidelines:

1. Break it Up – physical activity doesn’t have to happen all at once – shooting hoops for 20 minutes, riding a bike for 15 minutes, and walking the dog 15 minutes twice a day adds up to at least an hour. Just get out and play! Your mind and body will feel better if you move more!
2. Mix it up - Try fun stuff that gets you moving, like skateboard, in-line skate, yoga, swim and dance!
3. Put it together - make it a family affair
4. Turn it off after two – keep screen time to less than 2 hours a day. No surprise – when you watch more, you move less.

Activity Heart Rate Goals

Age	5	10	15	20	30	40	50
Start It Up (50-60% of maximum)	108-129	105-126	103-123	100-120	95-114	90-108	85-102
Step It Up (60-80% of maximum)	129-172	126-168	123-164	120-160	114-152	108-144	102-136

Source: Guidelines from the American Council of Sports Medicine