

ACTIVITY PLANNER

Healthy Moves for Healthy Families Keeping Exercise Fun and 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 every day!

ACTIVITY HEART RATE GOALS

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



Tips for meeting these guidelines:

1. Break up the physical activity. It 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 and try fun stuff that gets you moving, like skateboard, in-line skate, yoga, swim and dance!
3. Put it together and make it a family affair.
4. Turn it off and move more. Keep screen time to less than 2 hours a day. When families watch more, they move less.



This 12-month guide includes:

- Healthy recipes with nutrition facts information
(Each month features a different highlighted recipe)
- Up-to-date nutrition recommendations on portion control and snacks
- Exercise guidelines and specific exercises to try
(Each month features a different highlighted exercise)
- Daily nutrition and exercise ideas for families
- Menu planning sheet
- Food and activities journal

You've got the entire year to establish new, positive habits. It doesn't all have to be accomplished in January! Make small changes each month that will add up to big results at the end of the year. Good Luck!

What are the benefits of physical exercise?

- Physical fitness helps strengthen your body.
- Being fit also strengthens your heart, which helps it to pump blood with less effort. The heart then is able to move your blood through your body with fewer beats. This gives your heart a rest between beats.
- You will have stronger muscles and bones.
- Exercise helps reduce body fat which produces a leaner body.
- Individuals who exercise regularly are less likely to become overweight.
- Exercise decreases the risk of developing type 2 diabetes and can possibly lower blood pressure and blood cholesterol levels.
- Kids who are physically active sleep better and are better able to handle the physical and emotional challenges that a typical day presents, such as studying for a test.

What other benefits does exercise have for kids and adults?

- Helps individuals to have a better outlook on life.
- Helps individuals to be more alert and less tired.
- Helps individuals to become more social.
- Mental health: Exercise can help to reduce anxiety and depression, increase self-esteem, improve self image, and cope with stress.