Help kids enjoy their way to a healthier lifestyle! One hour of physical activity every day: at home, at school, at play. Every step counts!

1. Physical activity plays an important role in the health, well-being and quality of life of all Canadians, and it is particularly important for children and youth. Habits formed early can last a lifetime.

2. How much physical activity do children need? Children aged 5-11 should accumulate at least One hour of moderate-to-vigorous-intensity physical activity daily. But more is even better!

3. To make the most of their physical activity, try to include:
   - Vigorous-intensity activities at least three days per week.
   - Activities that strengthen muscle and bone at least three days per week.

Tips to help kids get active
- Encourage walking to school and getting active as a family
- Get them to skateboard, bike or run instead of getting a ride
- Ask them to walk the dog with you
- Have them rake the leaves, shovel snow or carry the groceries
- Encourage them to dance to their favourite music
- Replace computer and TV time with something active
- Build active opportunities into daily classroom routines and encourage students to join a school sport team
- Take kids to the playground or to the park to play
- Reduce screen time

Be more active in the after-school time period. Every step counts!
## Health Benefits

- **OPPORTUNITIES FOR SOCIALIZING**
- **IMPROVE FITNESS**
- **INCREASED CONCENTRATION**
- **BETTER ACADEMIC SCORES**
- **STRONGER HEART, BONES, AND HEALTHIER MUSCLES**
- **HEALTHY GROWTH AND DEVELOPMENT**
- **IMPROVED SELF-ESTEEM**
- **BETTER POSTURE AND BALANCE**
- **LOWER STRESS**

More physical activity provides health benefits. Encourage children to move more as part of a healthy lifestyle.

### What is moderate aerobic activity?
Moderate-intensity aerobic activity makes you breathe harder and your heart beat faster. You should be able to talk, but not sing.

Examples of moderate-intensity physical activity include walking quickly, skating, bike riding and skateboarding.

### What is vigorous aerobic activity?
With vigorous-intensity aerobic activity, your heart rate will increase even more and you will not be able to say more than a few words without catching a breath.

Examples of vigorous activity include running, basketball, soccer and cross-country skiing.

### What are strengthening activities?
Muscle-strengthening activities build up your muscles. With bone-strengthening activities, muscles push and pull against bones helping make them stronger.

Examples of bone-strengthening activities include running, walking, and jumping rope.

Examples of moderate-intensity physical activity include walking quickly, skating, bike riding and skateboarding.

For children, climbing and swinging on playground equipment is an example of a muscle strengthening activity.

### Combine aerobic and strengthening activities
To achieve health benefits, children need to do both aerobic and strengthening activities. Aerobic activities result in faster breathing, a warmer feeling and an increased heart rate. Strengthening activities build muscles and bones.

### Get them active after school
After school is a great time to be physically active. Suggest activities other than TV/Computer. Sign up for active programs, and if possible find active ways to get home from school. Make time to be active every day.