

MCHD HEALTH BLOG

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Public Health
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MORGAN COUNTY HEALTH DEPT.



KEEPING KIDS ACTIVE

The evidence is clear – physical activity is good for kids and has many health benefits. According to the Centers for Disease Control and Prevention (CDC), some of those benefits include improved academic performance, muscular fitness, bone strength, heart and lung health, and more. Encouraging your child to be physically active for at least 60 minutes every day also has numerous long-term benefits. However, in a world of electronics and screens, motivating your child to get moving may be more difficult than it used to be. Here are some tips from the CDC about how you can keep you kids active:

- If your kids are young, get them in to the habit of moving through lots of safe, unstructured movement and play.
- Set a good example by being active yourself.
- Make physical activity a part of your family's daily routine, such as taking family walks to playing active games together.
- Give your kids equipment and toys that encourage physical activity.
- Be positive about the physical activities your child participates in, and encourage them to explore new activities or sports that are interesting to them.
- Make physical activity fun! Take your family to a park, basketball court, or baseball diamond. Add variety to their physical activity through structured and non-structured ways of play.
- Make sure they're staying safe by wearing appropriate protective equipment such as helmets, wrist pads, or knee pads for activities where they're more likely to get hurt.

By encouraging your child to develop healthy physical activity habits, you are setting up for success now and in the future. If you would like to learn more, visit <https://www.cdc.gov/physicalactivity/basics/children>.