



American Heart Association.

25 WAYS TO GET MOVING AT HOME



1

Run in place for 30 seconds



2

Dance party for 1 minute

3

Stand up and sit down 10 times



4

Read standing up

5

Hot lava!
Keep a balloon in the air without touching the ground (make it harder by only using heads or elbows)

7

Do the hokey pokey

8

See how many squats you can do in 15 seconds

9

Stand up, touch your toes

6

Jumping jacks for 30 seconds

12

Stretch your hands high over your head

13

Arm circles forward for 30 seconds, arm circles backward for 30 seconds

10

Wall sits while reading



11

One-minute yoga

16

Stand on one leg, put your hands up, put your hands out to the side

17

5 lunges on the right leg, 5 lunges on the left leg

14

10 frog jumps



15

Standing mountain climbers for 30 seconds

20

Practice spelling by doing a jumping jack for each letter

21

30-second plank

ABC

18

xyz

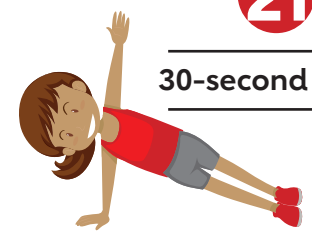
Practice spelling, do a squat for every vowel

19

Run in place for 30 seconds, check your heart rate

24

Ball toss spelling practice. Toss the ball and say a letter then toss the ball to someone else to say the next letter



25

High knees for 30 seconds

22

Practice math problems, do a jumping jack every time the answer is an even number

23

20 leg lifts

heart.org/KidsActivities



Physical Activity Recommendations for Kids

Active kids have a better chance of a healthy adulthood. How much activity do they need?



Be Active

Kids should be active throughout the day. Replace sedentary behavior with activity whenever possible.



Learn & Grow

Kids who are active have better bone health, physical fitness, brain function, attention and academic performance. They stay at a healthier weight and have fewer symptoms of depression.



Go Play

Encourage preschool-age children (ages 3-5) to engage in active play as well as structured movement. A good goal is about **3 hours per day** of a variety of activities (light, moderate and vigorous).



Fit in 60+

School-age kids and teens (ages 6-17) should try to get at least **60 minutes per day** of moderate- to vigorous-intensity activity. It can be broken up into shorter sessions throughout the day.



Live Healthy

Keep kids active at home and at school. Support physical education, walkable communities and safe places to play. Their future health depends on it.



Sit less and move more.
Learn more at heart.org/movemore.



American Heart Association

Healthy for Good™

How much **physical activity** do you need?

Here are the American Heart Association recommendations for adults.



Fit in 150+

Get at least 150 minutes per week of moderate-intensity aerobic activity or 75 minutes per week of vigorous aerobic activity (or a combination of both), preferably spread throughout the week.



Move More, Sit Less

Get up and move throughout the day. Any activity is better than none. Even light-intensity activity can offset the serious health risks of being sedentary.



Add Intensity

Moderate to vigorous aerobic exercise is best. Your heart will beat faster, and you'll breathe harder than normal. As you get used to being more active, increase your time and/or intensity to get more benefits.



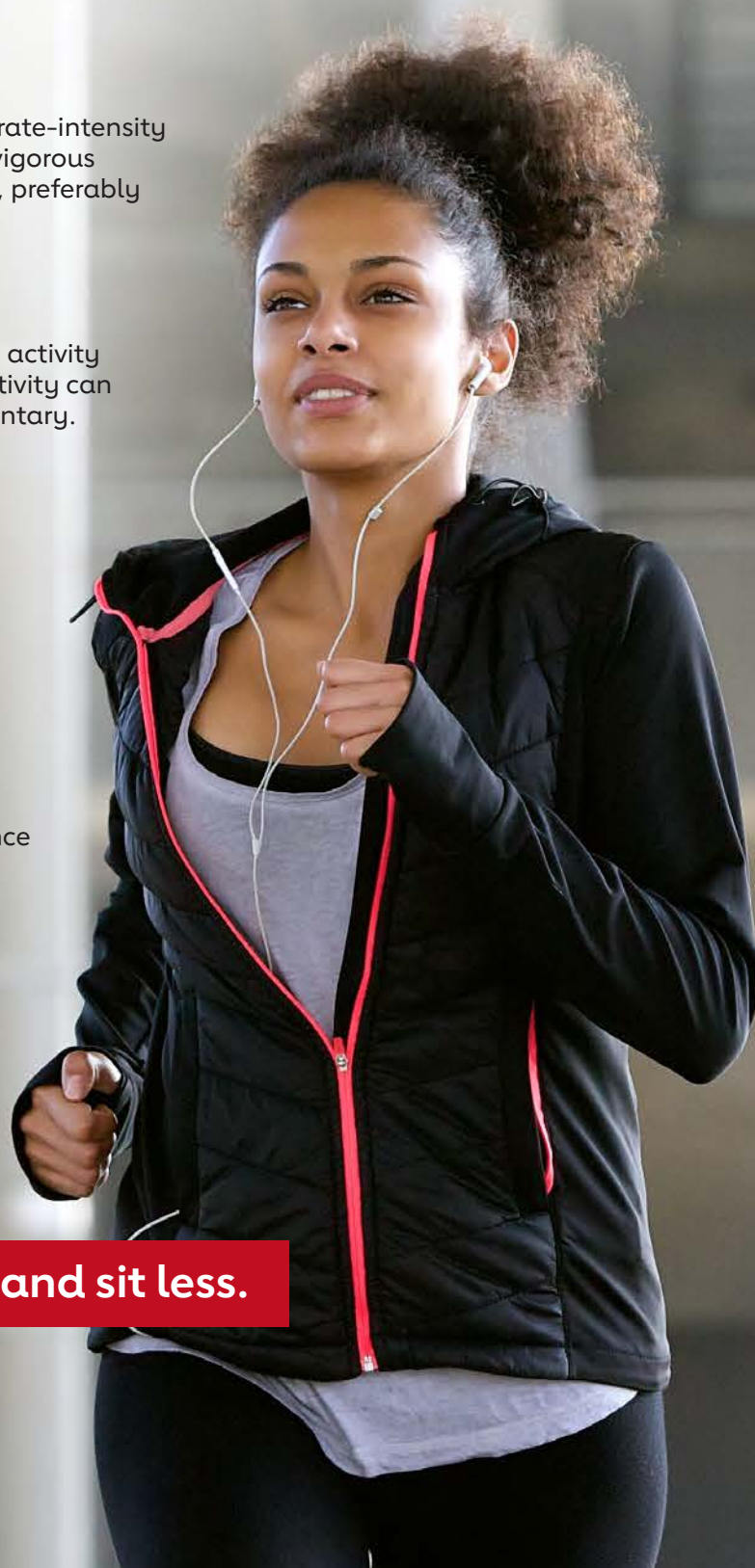
Add Muscle

Include moderate- to high-intensity muscle-strengthening activity (like resistance or weight training) at least twice a week.



Feel Better

Physical activity is one of the best ways to keep your body and brain healthy. It relieves stress, improves mood, gives you energy, helps with sleep and can lower your risk of chronic disease, including dementia and depression.



Move more, with more intensity, and sit less.

Find out how at heart.org/movemore.



American Heart Association.

Dear Families,

What’s for dinner? That simple question can open a host of concerns: Is the food I’m preparing healthy? How much should my child be eating? My child will eat only mac ‘n’ cheese. Buying healthy foods can be expensive!

Relax! You can serve up healthy food choices that even the pickiest of eaters will savor without breaking your budget. Healthy eating includes **foods that are low in saturated fat, trans fat, salt (sodium), and added sugars**. For kids ages 4–18, keep the total fat intake between 25 and 35 percent of their calories, with most fats coming from sources of polyunsaturated and monounsaturated fatty acids such as fish, nuts, and vegetable oils. Offer **whole grains and a variety of fruits and veggies**. Serve **fat free and low-fat dairy foods**. Limit foods that are **high in saturated fat, trans fat, salt (sodium), and added sugars**. As for the “clean your plate” rule, get rid of it. Overeating is one reason kids get too many calories.

Got a picky eater? **Introduce healthier items into foods your child already likes**: top cereal with fruit, add blueberries to wholegrain pancakes, or shred veggies over rice. **Play the eat-your-colors game** with brightly colored fruits and vegetables, and **include your child in the preparation**—it may make him or her more likely to eat the food. **Don’t buy unhealthy foods**. If there are no chips in the house, kids will munch on healthier options instead.

Sincerely,

Teacher



Good to Know!

Chew on this:

Less than 1% of children have ideal diets and under 10% have reasonably healthy diets. Teach your child good habits that will last a lifetime! To learn more visit heart.org/kids.

Your child is a participant in the American Heart Association’s KIDS HEART CHALLENGE. The AHA has five priority messages for your family:



Physical Activity



Healthy Eating



Reduce Sodium



Limit Sodas and Sugary Drinks



Tobacco/Smoking

On a Budget?

Try these healthy choices that are less than \$1 per serving. Visit heart.org/kids for more ideas and resources.

Apples, bananas, oranges, and pears—Eat one as a snack or serve it in a fruit salad with dinner. Bananas are tasty in smoothies, and a pear served with cheese makes a tasty appetizer. One piece of medium-size fruit equals one serving.

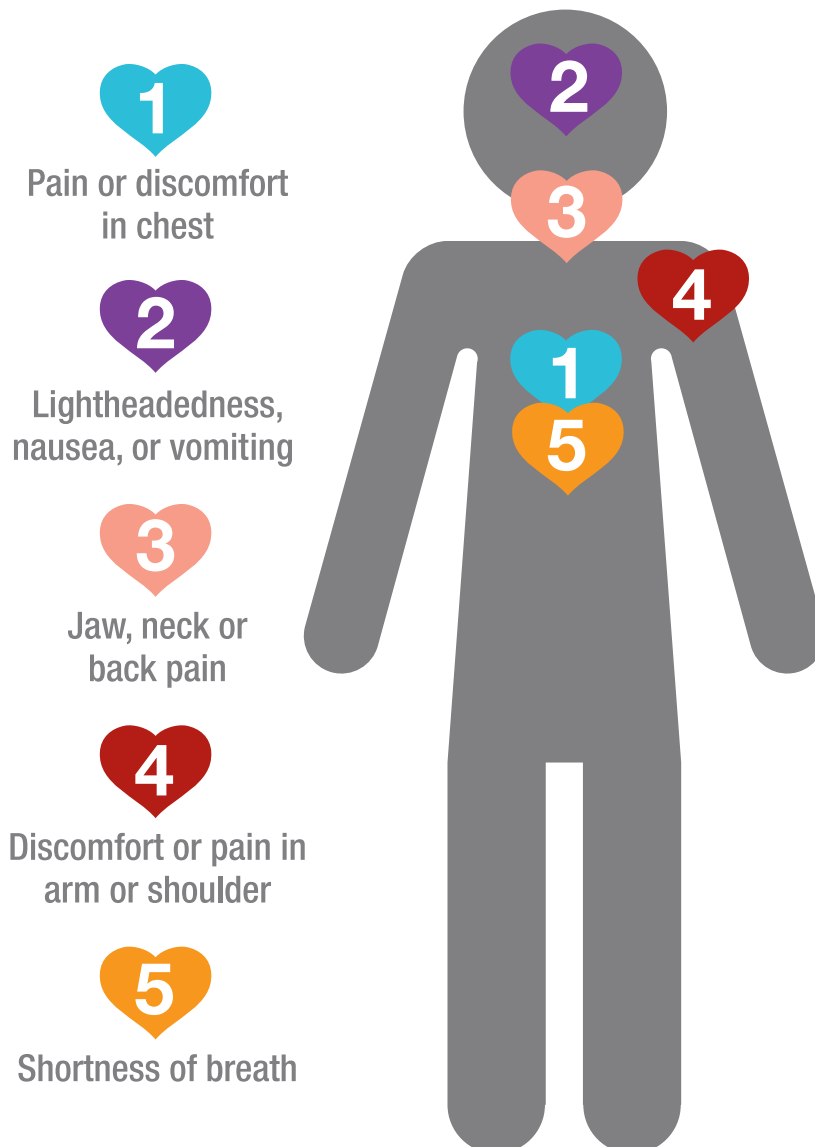
- **Baby carrots**—Eat them as a snack, include them in a stew, or serve them in a veggie platter.
- **Fat-free or low-fat yogurt**—Eat it as a snack or use it in a smoothie. A six-ounce container usually is one serving. Read the Nutrition Facts label and select a yogurt without a lot of added sugars.
- **Sweet potato**—Bake it, mash it, steam it! One medium sweet potato is one serving.
- **Oatmeal**—Serve it hot for breakfast. One serving is a half cup.
- **Frozen or fresh corn on the cob**—This is a quick, kid-friendly side dish. One ear of corn is one serving.



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life is why™

Common Heart Attack Warning Signs



Learn more at [Heart.org/HeartAttack](https://www.heart.org/HeartAttack).