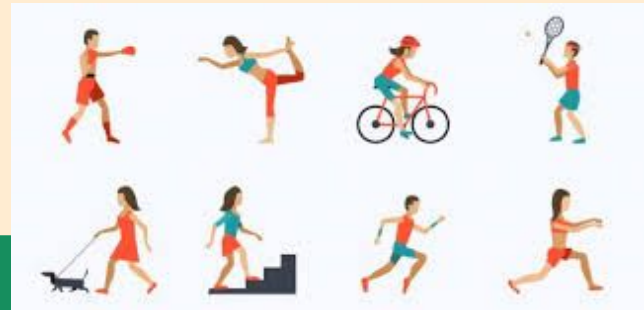


May is National Physical Fitness Month



National Physical Fitness Month

- During the month of May, National Physical Fitness & Sports Month provides an opportunity to celebrate and promote physical activity and the benefits of sports participation.
- Physical activity is key to maintaining health and well-being.
- Getting active can improve fitness and reduce stress, reduce risk for many chronic diseases, and ease symptoms of anxiety and depression.
- Youth sports can help kids and teens get active and develop leadership, time management, and relationship-building skills.



What is Physical Activity?

- Physical Activity is defined as any bodily movement created by the skeletal muscles resulting in energy expenditure.
- Physical activity refers to all movement, this includes:
 - During leisure time, like dancing, swimming, surfing and walking the dog
 - For transport to get to and from places, including walking, jogging, running
 - Part of a person's work, such as chores and gardening
 - Formal structured activities or exercise like sports or aerobics.

What counts as moderate physical activity

Any physical activity is better than none. It is never too late to get more active to improve health. Activities could include:





6  A DAY!

Kids and teens
ages 6 to 17 need **60
minutes** of physical
activity every day.



Get your heart
beating faster!



Make your muscles
and bones stronger!



60 minutes all at once? I'm pretty busy.

Not a problem! Split up your 60 minutes over the day however you want — it all adds up!



Before school

Walk to school or the bus stop!
Dance around the living room!

At recess

Play with your friends!
Swing on the monkey bars!

After school

Walk your dog!
Go to basketball practice!



So, what kind of activity do I need?

Get a mix of activity. Do things that:



Strengthen
your bones



Build your
muscles



Make your heart
beat faster



Um, strengthen
my bones?

Sounds weird, right? But bones need pressure to get stronger. So hit the ground running! Jump, sprint, or do a cartwheel.

Do what's fun for you.

Get your 60 minutes of activity all at once — or split it up over the day. It's your choice!

I have basketball practice for an hour after school!



Kickball at recess, P.E., and a walk after dinner with my dog.



I ride my bike to the park to play soccer with my friends.



Yep, they all add up!

Lots of things count as physical activity.

Try a mix of sports and other fun activities.



They all count!



Getting 60 minutes will make you feel good.

SUCH ENERGY!

SO SELF-CONFIDENT!

VERY RELAXED!

AMAZING GRADES!*



*It's true — physical activity can actually help you do better in school.

Exploring the Importance of Physical Activity for Brain Health in Children and Youth



<https://youtu.be/UzWd8ynGLEM>

STOP VIDEO AT 2:32



Resilience

Physical activity creates positive physiologic and psychological benefits, protects against the potential consequences of stressful events, and prevents many chronic diseases.

Nice mood

Physical activity reduces symptoms of depression and anxiety

Healthy Body

Physical activity ensures healthy growth and development in young people

Benefits of Physical Movement

Fitness

Physical activity has significant health benefits for hearts, bodies and minds

Makes us happy

Physical activity enhances thinking, learning, and judgment skills



Benefits of Playing Outside

Sense of freedom

When we are outside our body slows down, helping us feel peaceful and calm. Our minds work in a similar way. Spending time outside improves mood and reduces feelings of anxiety.

Natural Vitamin D from the Sun

Most vitamin D is made in the skin when it is exposed to the sun. It is hard to get enough vitamin D from food alone.

Increased Imagination

Being outdoors gives children the opportunity to pretend to be anything they want to be and explore nature.

Social activity

Being outside the home may encourage individuals to engage in activities with other people. This can encourage participation in group activities.

Fresh air/oxygen

Fresh air not only cleans your lungs, it can also boost your mood, lower your heart rate, increase energy levels and even improve digestion

It's time to
get moving!





Sample Activities

Goal: 60 Minutes Daily!



There are a LOT of ways to get 60 minutes of activity per day! Check out this list of possibilities.

- playing chase
- freeze tag
- playing catch
- climbing trees
- jumping rope
- riding a bike
- skateboarding
- playing basketball
- dribbling
- dancing
- swimming
- sledding
- walking the dog
- playing hopscotch
- running
- skating
- kicking a ball
- soccer
- flying a kite
- doing cartwheels
- riding your scooter
- jumping on the trampoline
- cleaning your room

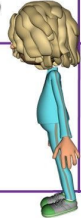
You don't have to do just one activity for 60 minutes! You can do many activities for shorter periods of time and add them together. *It all adds up!* Try to get at least 60 minutes of some activity each day for good health.



Top 10 Cardiovascular Endurance Exercises



**CRISSCROSS
JUMPS**



**SUPERBALL
BOUNCE**



**High
Knee
March**



**Scissor
Steps**



**JUMPING
JACKS**



**BOXER
BOUNCES**



**JUMP
ROPE**



**MOUNTAIN
CLIMBERS**



**FROG
JUMPS**



Top 10 Flexibility Exercises



**SIT AND
REACH**



**TOE
TOUCHES**



BUTTERFLIES



LUNGES



**STRADDLE
STRETCHES**



TRUNK LIFT



**CALF
STRETCH**



**HAMSTRING
STRETCH**



**QUAD
STRETCHES**



**Arm
Rotations**

Videos for the Littles

[PE with Mr. G Videos](#) (Fun Exercise Videos)

[TheMindfulnessTeacher](#) (Meditation, Deep Breathing, Grounding Exercises)

[Cosmic Kids Yoga](#) (Yoga for kids)

[PHABulous Kids](#) (Work Out Videos)

[Go Noodle](#) (Fun Exercise Videos)

Videos for Teens

Strength Training for Teens (led by fitness coach)

Rock Paper Scissors Fitness (good for pairs of 2)

20 Minute Yoga for Youth (yoga for young adults)

7-Minute Workout (short movement with short breaks)



Games with friends





Activities to try



Activity 1: Outdoor canvas

Materials

- Large canvas
- Watercolors
- Water
- Petals
- Glue
- Salt
- Dropper

Everyone
participates!

1

Add water drops
to the canvas

3

Have fun adding
salt and glue

2

Add some
watercolors

4

Final touch! Add
the petals



Activity 2: Color walk

Instructions

- Take a walk outside and observe all the things around you.
- Look for things on your walk to represent each color.
- Illustrate each item you find in the corresponding box

Instructions to print:

1. File > Print, 2. Change these options before printing. **Pages:** Custom, only page 21. **More settings, Scale:** Fit paper size

Activity 2: Color walk

Take a walk outside and observe all the things around you.
Look for things on your walk to represent each color.
Illustrate each item you find in the corresponding box

Red	Orange	Yellow
Green	Blue	Purple
Brown	Black	White

Name: _____



Printable sheet
next page

Activity 2: Color walk

Take a walk outside and observe all the things around you.
Look for things on your walk to represent each color.
Illustrate each item you find in the corresponding box

Red	Orange	Yellow
Green	Blue	Purple
Brown	Black	White

Name: _____

Activity 3: Name-writing nature hunt

Instructions

Spell your name using
materials that are found
on a nature hunt

1



Collect leaves, petals, rocks, etc.

2



Put them on a surface or on the floor

3



Spell your name with them

Activity 4: Rock balancing

Materials

- Various sizes and shapes of rocks
- Free space to create stone sculptures without harming the surroundings or other people



1

Start with two or three rocks

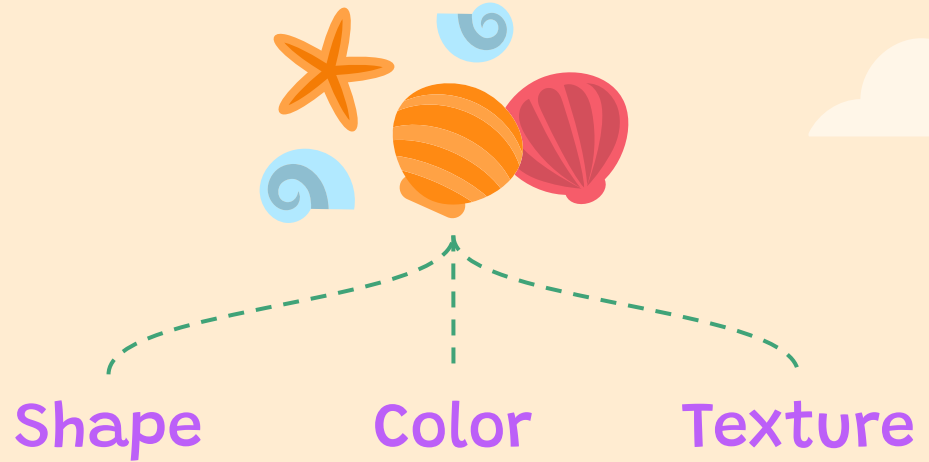
2

Then, add more and more!

Activity 5: A Nature Scavenger Hunt

Can you find:

- A white rock
- A yellow leaf
- A worm
- An acorn
- A butterfly
- A red flower



You could also do, “see how many _____ you can find”. We like to count the animals that we find on nature walks.

The most fun part of
playing outside was...



Resources

- [Move Your Way Campaign](#)

Thanks

