

# Staying Active

Regular physical movement and activity is important for physical and mental health and can have a positive impact on learning. Regular activity helps the body stay healthy. It can reduce blood pressure, manage weight, and reduce the risk of various diseases. It can also improve strength, balance, flexibility, and overall fitness. Physical activity helps improve mental health by reducing the risk of depression and improving overall feelings of well-being. By scheduling regular activity, you can help bring routine to your child's day.



## Stay Active at Home:

- ✓ If your child sits for long periods of time, try to have your child take a 3-5-minute break every 20-30 minutes. If the school schedule does not have time for these breaks, consider having your child stand and/or stretch as a break from sitting.
- ✓ Make time in your child's daily schedule to be physically active. Setting a routine will help your child stay active every day.
- ✓ If your child is not used to physical activity, start small and gradually increase your child's activity level over time.

## Stay Safe:

- ✓ If your child has a fever, cough or difficulty breathing, **DO NOT let them** exercise. Call your child's doctor.
- ✓ When walking, running, or biking, make sure your child stays at least 6 feet from others, and wash or sanitize their hands before and after.
- ✓ If your child does not exercise regularly, start slowly with low intensity activities. Short walks are a good way to start.
- ✓ Choose the best activity for your child! Pick an activity that your child enjoys and that fits their current fitness level.

Adapted from the World Health Organization: <https://www.who.int/news-room/q-a-detail/be-active-during-covid-19>