



# Enjoy Moving

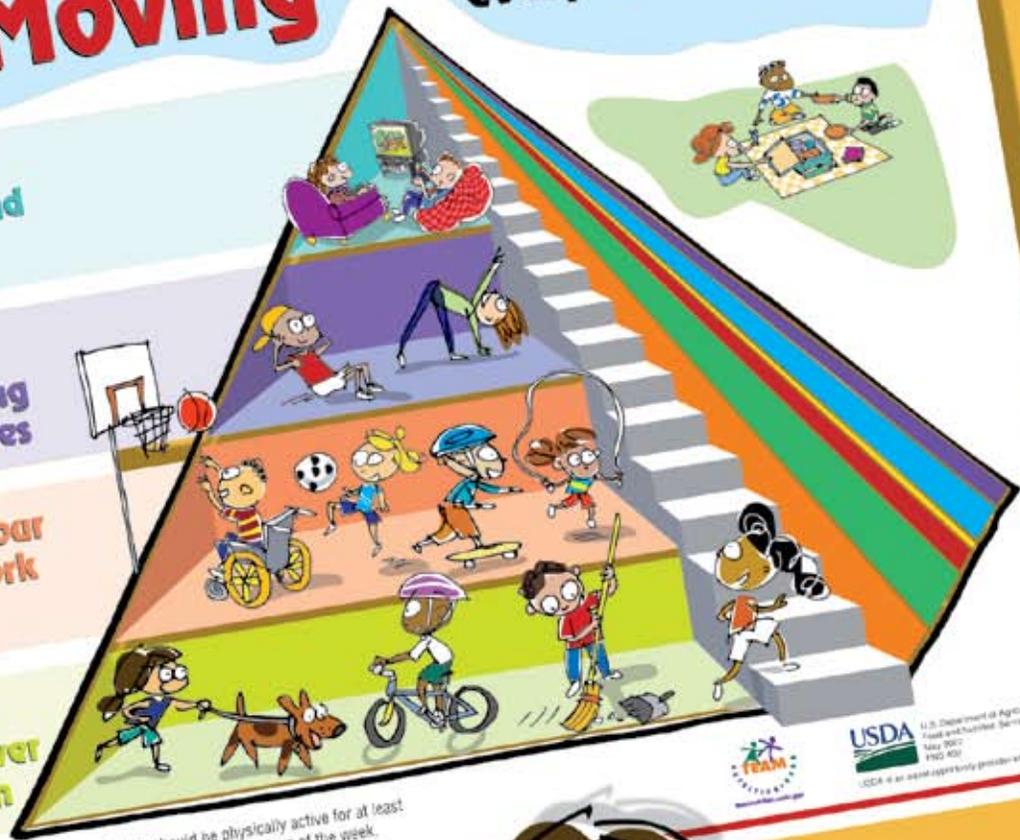
Be physically active every day\*

**Less** Sitting Around

**Enough** Stretching and Building Your Muscles

**More** Making Your Heart Work Harder

**Plenty** Moving Whenever You Can



\* Children and teens should be physically active for at least 60 minutes on most, preferably all, days of the week.



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# Active Living: How to Get Families Moving

## About the Activity

- Use the *Enjoy Moving* activity pyramid poster to explore types and levels of physical activities.
- Use magazine pictures to introduce different kinds of daily physical activities from each category from the poster—less, enough, more, and plenty.
- Introduce the recommendations for regular physical activity: children need at least 60 minutes of physical activity on most, preferably all, days of the week and adults need at least 30 minutes of moderate-intensity physical activity on most days of the week.

## Getting Ready

**Read:** Through the Sharing Session to get comfortable with the messages, questions, and activities.

**Get:** Magazine pictures of people involved in different daily activities – some active and some inactive.

**Use:** *Enjoy Moving* mini-poster (USDA 183). To order more copies of the mini-poster (1 pkg = 25) go to [www.ntis.gov/USDA/MyPyramid.aspx](http://www.ntis.gov/USDA/MyPyramid.aspx). Order 3-4 weeks ahead.

**Copy:** Reproducible newsletter No. 35: *Enjoy Moving as a Family*. Make enough copies of the newsletter for all participants.

**Display:** *Enjoy Moving* poster.

## Key Messages

- Getting the whole family to sit less and move more through various levels of physical activity.
- Regular physical activity promote physical, social, and emotional health for the whole family.
- Children need at least 60 minutes of physical activity on most, preferably all, days of the week.
- Adults need at least 30 minutes of moderate-intensity physical activity on most days of the week

# Do You Know?

**W**hy encourage your family to keep moving? Being physically active promotes physical, social, and emotional health. Regular physical activity:

- Helps improve body weight
- Increases physical fitness
- Lowers the risk of overweight and obesity, type 2 diabetes, heart disease and hypertension, osteoporosis, and some cancers
- Builds muscle strength and stamina
- Builds and maintains healthy bones, muscles, and joints
- Promotes fun with family and friends
- Improves relations within your family
- Reduces feelings of stress
- Helps you sleep better
- Makes the most of physical appearance
- Helps you feel good about yourself.

Refer to newsletter No. 36 *Child's Play!* for more about the benefits of active play for children.

## How much physical activity is enough for you?

Try to be physically active at a moderate-intensity for at least 30 minutes most days of the week. Three 10-minute chunks of active time are okay, too. If you have been out of action for a while, start slowly. Your child should have at least 60 minutes of physical activity on most, preferably all, days of the week. Being active with your family counts!

## How do you know if your body is getting a good workout?

Use the talk-sing test:

- If you can talk while doing a physical activity, you are probably moving at a pace that is right for you.
- If you are too breathless to talk, slow down.
- If you can sing, you may not be moving enough. Pick up the pace.

## How can your family fit action into their lives – and have fun?

Getting the whole family to sit less and move more is an appropriate goal. No one needs to do a sport to be active. Just do less sitting around playing on the computer, watching television, playing electronic games, talking on the phone, and sitting still for hours. Developing habits for everyday activity is easier to fit into your day for a lifetime, than trying to get your physical activity from a sport.

## How could you encourage kids to move more?

Be active yourself. Children mimic what their parents and older siblings do. Four newsletters (Nos. 35–38) have ideas for active living and active fun for children and families.

## Why don't you move more?

## What would you suggest ?

"No time"



"**Make it part of your daily routine:** for example, walk as you talk on the phone, use stairs, do something while you watch TV, walk with a friend, play actively with your child."

"Don't like to exercise!"

"**Give it a chance.** Try it for a while. Make an effort to enjoy it. Find an activity you like to do - perhaps with your family."

"Easier to sit around"



"**Consider this:** Sitting around can result in weight gain, among other things. And that may lead to health problems down the line."

"No place to do it"

"**No place to do it.** All you need are everyday things: for example, grassy field or park, a backyard, sidewalk, or running track."

"Don't know what to do"



"**Let's come up with some easy ways** you can fit active living in - in a way that is fun and matches your schedule."

"Family and friends don't"

"**Be a role model** for your family. Your child will do what you do. Get a family member or a friend to be your exercise buddy."

"I'm embarrassed"



"**You probably are not alone.** Others may be thinking more about what they are doing than looking at you."

"Can't stay looking good"

"**Many everyday activities will not make you sweat,** mess up your hair, or break a nail. Even if they did, what is more important: how you look for just a little while...or your health for life?"

# Try This for a Sharing Session!

Show the magazine pictures of people doing active and inactive things.

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**ASK**

- Which pictures show how you spend a typical day?
- Where do the pictured activities fit on the *Enjoy Moving* activity pyramid poster?
- What might that mean for keeping healthy?

Use the *Enjoy Moving* poster to talk about being physically active every day:

.....  
**POINT OUT**

■ Point out the **PLENTY** section of the activity pyramid. **DO PLENTY** of these activities that keep you moving whenever you can.

- What everyday things can you do to move whenever you can? What things could your child do?

*(Walking the dog, sweeping, taking the stairs instead of the elevator, playing outdoors, vacuuming, dusting, and riding a bike. Just keep moving whenever you can. Fit active living into the everyday things your family does.)*

■ Point out the **MORE** section of the activity pyramid. **DO MORE** of these activities to make your heart work harder.

- What things could you do to make your heart work harder? What could your child do?

*(Do more intense activities that warm you up and make your heart work harder. Your heart needs exercise to stay healthy. Activities that do this include: playing baseball, softball, or soccer, jumping rope, skateboarding, gardening or yard work, running or jogging, playing basketball, swimming, hiking, playing tennis, dancing, and skipping.)*

■ Point out the **ENOUGH** section of the activity pyramid. **DO ENOUGH** of these activities to stretch and build muscles.

- What things could you do to keep your muscles strong? What could your child do?

*(Do enough stretching and muscle-building activities to keep your muscles firm and strong. These include sit-ups, push-ups, martial arts, lifting free weights or strength training, stretching, yoga, or pull-ups.)*

■ Point out the **LESS** section at the top of the activity pyramid. **DO LESS** sitting around.

- What kinds of things should you do less often? What could your child do less often?

*(Limit sitting around: watching TV, using the computer, talking on the phone, and playing electronic games.)*

## POINT OUT

Move more to stay healthy, keep your healthy weight, and have fun.

- To keep healthy:
  - Try to get at least 30 minutes of moderate-intensity physical activity on most days of the week.
  - Your child needs at least 60 minutes of active play on most, preferably all, days of the week.
- Set a good example. Join in and arrange activities so everyone takes part.
- Ask parents to come up with fun ways for their family to move more and sit less. Ask them to identify activities from each of the following sections of the *Enjoy Moving* poster that their family would enjoy doing:
  - ENOUGH activities to stretch and build muscles,
  - MORE activities to make the heart work harder, and
  - PLENTY of activities to move whenever possible.

## SUM UP

- Repeat the activity recommendation: 60 minutes or more of active play a day for children on most, preferably all, days of the week; at least 30 minutes of moderate-intensity physical activity on most days for adults.
- Pass out the *Enjoy Moving as a Family* newsletter, No. 35, as a reminder at home.
- Reinforce: Use the *Enjoy Moving* activity pyramid to help you, your child, and your family move more and sit less.
- Remind them that getting the whole family to sit less and move more is a lifelong way for their family to stay healthy and keep a healthy weight.

### Extend the Sharing Session Now or Later

Plan regular opportunities – perhaps weekly or monthly – for parents and children to have active fun together. This may help parents relax, have fun, and relearn the joy of “child play.”

- Go for a neighborhood walk together.
- Play circle games (indoors or out) where children and parents move.
- Take 15 minutes or more to work together in the center garden.
- Have a child-parent “dance” party.
- Act out favorite storybooks together.

Gather a group of parents and children. Teach them the “talk-sing test.” Put on music that parents and kids enjoy. Let them all move to the music. If they can still talk, they are probably moving at the right pace. If they can sing, they need to move at a harder pace. And if they are too breathless to talk, have them slow down.

Once parents know about active living, explore other issues related to moving more and sitting less presented in the *Nibbles for Health* newsletters, for example:

- No. 28 *Does My Child Have a Weight Problem?*
- No. 36 *Child’s Play!*
- No. 37 *Let’s Move...Cold Weather Fun!*
- No. 38 *Let’s Move...Warm Weather Fun!*