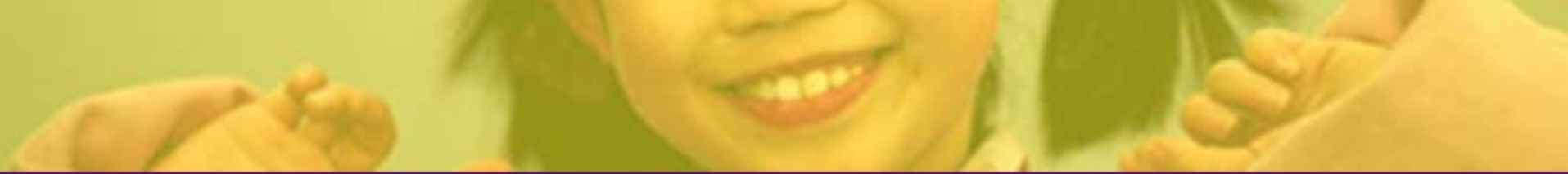


A young child with light-colored hair is shown in profile, blowing bubbles. The child's mouth is open, and several bubbles are visible near their face. The background is a soft, out-of-focus green with many more bubbles floating around. The overall mood is joyful and healthy.

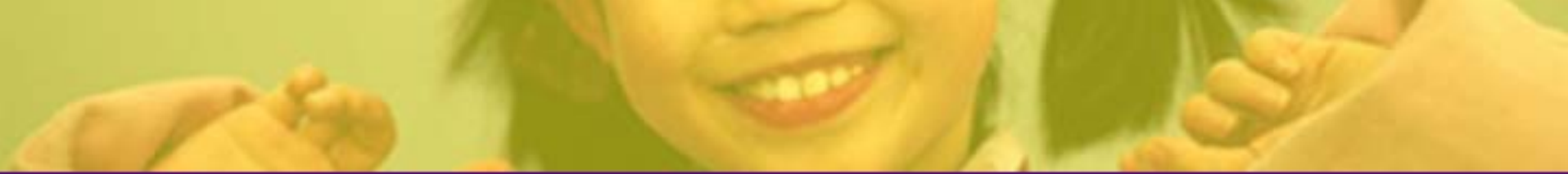
Growing Up Healthy with Physical Fitness

Presented by Riley Hospital for Children's
Community Education and Child Advocacy Department



Why be physically fit?

- You look, feel, and can do your best.
- You have energy to do many activities, including schoolwork.
- You are alert and you feel good inside.



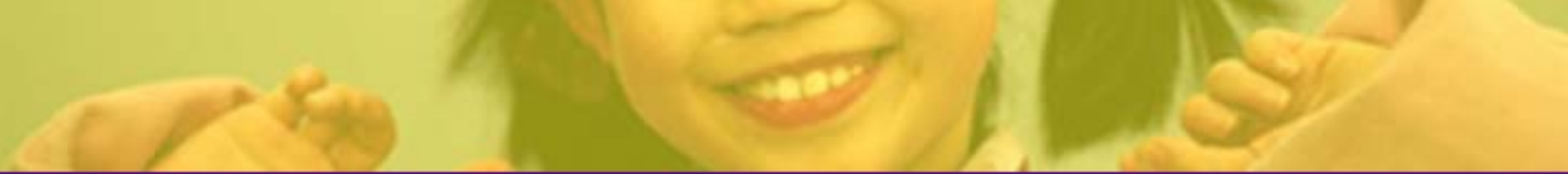
Why get moving?

- Makes your heart healthy.
- Builds stronger muscles and bones.
- You can do everything you want to do, like playing with friends, walking, riding bikes, swimming, running, and hiking.
- Helps you think clearer and solve problems better.
- Builds confidence and higher self esteem.



What are the different types of exercise activities?

- Aerobic/Endurance: “With air” or any activity that requires oxygen.
- When you are doing aerobics exercises, you are breathing faster than normal.
- Gets your heart pumping, makes you sweat, and quickens your breathing.
- Examples: running, climbing, jumping rope, playing hopscotch



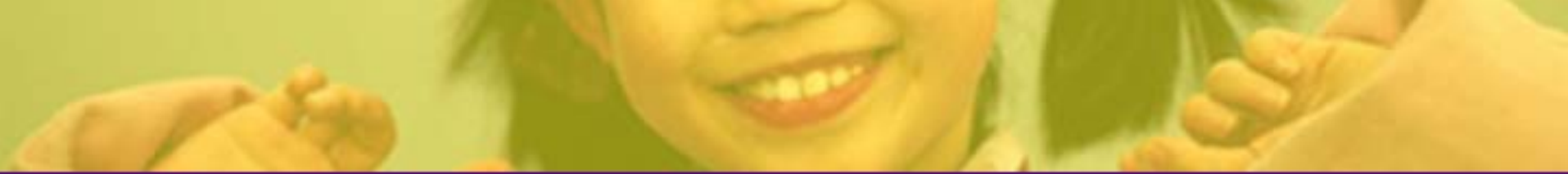
Different types of exercise

- **Strengthening:** Any activity that makes your muscles stronger.
- **Examples:** crossing the monkey bars, pushups, stomach crunches, tug-of-war



Different types of exercise

- **Stretching/Flexibility:** Activities where you move your arms and legs freely without feeling tightness or pain.
- **Examples:** yoga, dancing, tumbling, gymnastics; simple stretching, like touching your toes or side stretches



How active are you?

- Do you get 60 minutes or more of physical activity every day? Keep track of what you do to find out.
- What fun activities at school and home help you be more active with your friends and family?
- How do you feel active you are active? How do you feel when you are not active?

Choose activities that you enjoy.

Physical Activity Pyramid





Build your muscles every day.

- **Play:** When you play, run, jump, or ride your bike, you build muscles.
- **Eat:** Eat foods that help you to be strong.
- **Exercise:** Exercises like push-ups, sit-ups, and chin-ups also help build strong muscles.



Limit your screen time.

- What is screen time?

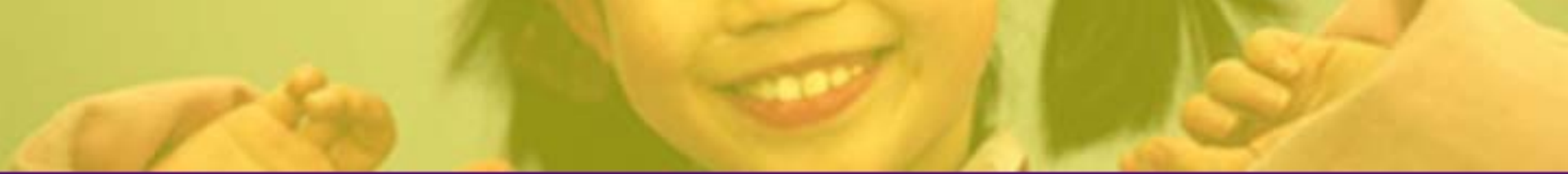
It's the amount of time you spend watching TV, videos, and playing computer or video games.

- The more time you spend sitting down, the less time you have for fun activities like: bike riding, jump roping, basketball, swimming, hiking, running, and playing with friends.



What activities do you enjoy?

- Sports or recreation: diving, ice skating, biking, martial arts, golf, swimming, jumping rope
- Everyday activities: playing at a playground, raking leaves, dancing around your home, walking your dog, watering the garden, washing the car



For more information

For more information about children's health, physical fitness, and nutrition, call Riley Hospital's Community Education and Child Advocacy Department toll-free 1-888-365-2022 or visit www.rileyhospital.org/kids1st.