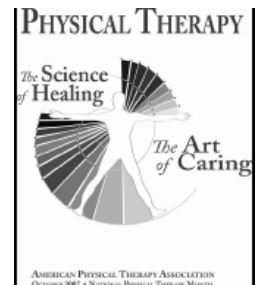




LET'S ALL GET MOVING!



Fitness Facts ***Section on Pediatrics*** ***American Physical Therapy Association*** ***PT Month 2009***

Physical Activity is:

- *Bodily movement that results in an expenditure of energy*
- *Necessary for optimal health and function*

Physical Activity improves:

- *cardiovascular function*
- *muscular function*
- *endurance*
- *body awareness*
- *motor skills*
- *social skills*
- *sportsmanship*
- *self concept*
- *self esteem*

Physical Activity:

- Maintains skills*
- Prevents secondary impairments*

Recommended physical activity for preschoolers and toddlers:

- *Preschoolers should participate in 30 minutes of structured physical activity daily.*
- *Toddlers and preschoolers should get at least 60 minutes and up to several hours of unstructured physical activity daily.*
- *Should not be sedentary for more than 60 minutes at a time except when sleeping.*
- **AAHPERD**

Recommended physical activity level for elementary aged children:

- *Children should participate in 30 minutes of structured physical activity daily.*
- *Elementary aged school children should accumulate 60 minutes or more of age and developmentally appropriate physical activity on all, or most, days of the week.*
- *Periods of moderately vigorous physical activity should last 10-15 minutes at a time.*
- *Extended periods of inactivity are inappropriate for children.*
- *A variety of physical activities is recommended for children.*

-President's Council on Physical Fitness and Sports

Recommended physical activity for adolescents:

- All adolescents should be physically active daily, or nearly every day, as a part of play, games, sports, work, transportation, recreation, physical education or other activities.
- Adolescents should engage in three or more sessions per week of activities that last 20 minutes or more at a time and require moderate to vigorous levels of exertion.

-President's Council on Physical Fitness and Sports

Recommended physical activity level for adults:

- Moderate-intensity activities (e.g., brisk walking, bicycling, vacuuming, gardening, or anything else that causes small increases in breathing or heart rate) for at least 30 minutes per day, at least 5 days per week.
- Or vigorous-intensity activities (e.g., running, aerobics, heavy yard work, or anything else that causes large increases in breathing or heart rate) for at least 20 minutes per day, at least 3 days per week
- Or both.
- This can be accomplished through lifestyle activities (i.e., household, transportation, or leisure-time).

- President's Council on Physical Fitness and Sports

Components of an exercise program:

- Flexibility
- Strength
- Endurance

Examples of Flexibility Activities:

- Yoga
- Gymnastics
- Dance
- Static stretch

Examples of Endurance Activities:

- | | |
|-------------|-----------------|
| Dance | Stair climbing |
| Swimming | Jumping |
| Bike riding | Organized games |
| Walking | Running |

Examples of Strength/Coordination/Balance Activities:

- Roller skating, ice skating
- Gymnastics
- Pilates
- Ballet/dance
- Martial Arts
- Ball activities
- Climbing on playground