



# **Family Fitness = Family Fun!**

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# **What we will cover today:**

- Importance of physical activity for you and the kids
- Physical activity guidelines
- Components of exercise and examples of activities
- Encouraging exercise at home
- Family fitness resources

# Why is exercise important for you and the kids?

- Reduce risks for chronic disease
- Lower the risk of obesity
  - Obesity rates have increased four-fold among children in the past 40 years.
  - Today, 17 percent of U.S. children and adolescents are obese.
  - 26.2% of Maryland adults are considered obese (have a Body Mass Index (BMI) of  $\geq 30$ )
- Reduce symptoms of anxiety and depression
- Being overweight and under-exercised can reduce a person's ability to do ordinary daily activities as they age

# How often are your kids exercising now?

- One third of adolescents are not getting recommended levels of moderate or vigorous activity
- 10 percent are completely inactive
- Physical activity levels fall as adolescents age
- **What is holding your kids back?**



# How often are you exercising now?

- Six out of ten American adults don't exercise regularly despite the proven health benefits
- 35% of adults 18 years and older who engaged in regular leisure-time physical activity
- **What is holding you back?**

Source: <http://www.cdc.gov/nchs/fastats/exercise.htm>  
Summary Health Statistics for U.S. Adults: National Health Interview Survey, 2009, table 29

# What do you and the kids do in your leisure time?

- Children (and adults!) in the US are spending 25% of their waking hours watching TV
- At least 40 percent of families watch TV while eating dinner! (And tend to eat more as a result of the distraction)
- According to the A.C. Nielsen Co., the average American watches more than 4 hours of TV each day (or 28 hours/week, or 2 months of nonstop TV-watching per year). In a 65-year life, that person will have spent 9 years glued to the tube

# Reduce sedentary activities!

- Every hour kids play video games or watch TV may **double** risk of obesity
- Between your commute, sitting at your desk at work, and time spent sitting in front of a computer screen or television screen – how much time do you spend sitting each day?
- Researchers have linked sitting for prolonged periods with a number of health problems



Source:

[http://aspe.hhs.gov/health/reports/child\\_obesity/](http://aspe.hhs.gov/health/reports/child_obesity/)

# Exercise & play together!

- Model habits for a healthy life. Don't single out any kid or parent—we should all exercise!
- Get your heart pumping & burn calories!
- Build family bonds & create memories
- Experience love and laughter
- Master new skills.





# Physical Activity Guidelines for Children

- Children and adolescents should do 60 min (1 hour) or more of physical activity each day.

Consisting of:

1. Aerobic Activity
2. Muscle Strengthening
3. Bone Strengthening

Guidelines:

<http://www.cdc.gov/physicalactivity/everyone/guidelines/children.html>

# Aerobic Activity

- Aerobic activity should make up most of your child's 60 minutes each day.
  - **moderate-intensity** (e.g., brisk walking) or
  - **vigorous-intensity** (e.g., running)
- At least 3 days per week, include vigorous-intensity aerobic activity

# Aerobic Activities

- Jumping Rope
- Skipping
- Swimming
- Bicycling
- Kite Flying
- Basketball
- Soccer
- Walk to School
- Dancing
- Freeze Tag
- Rollerblading
- Hopscotch



# Muscle Strengthening

- Include muscle strengthening activities (e.g., gymnastics or push-ups), at least **3 days per week**.
- Examples: Tree Climbing, Climbing on playgrounds, Gymnastics, Hiking, Rock Climbing





# Bone Strengthening & Stretching

- Include bone strengthening activities (e.g., jumping rope or running), at least **3 days per week**.

## Strengthening

- Running
- Jumping Rope
- Hopscotch
- Basketball

## Stretching

- Yoga
- Stability Balls
- Twister

# Physical Activity Guidelines for Adults

- Physical activity is anything that gets your body moving!
- **Adults need at least:**
  - 2 ½ hours (150 minutes) of moderate-intensity aerobic activity (i.e., brisk walking) every week  
*and*
  - muscle-strengthening activities on 2 or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms)

Guidelines:

<http://www.cdc.gov/physicalactivity/everyone/guidelines/adults.html>

# All calories count!

## **150 lb person for 30 min. of activity:**

- Bike Riding - 300
- Frisbee - 108
- Jumping Rope - 360
- Swimming - 260
- Children's Game  
(4-Square) - 180
- Tennis - 250
- Rollerblading - 250

## **50 lb person for 30 min. of activity:**

- Bike Riding - 120
- Frisbee - 36
- Jumping Rope - 120
- Swimming - 72
- Children's Game  
(4-Square) - 60
- Tennis - 84
- Rollerblading - 84

# Drink Plenty of Water

- Before, during, and after exercise – even if they don't "feel thirsty".
  - The thirst sensation is an early sign of dehydration.
- Avoid sugary sports drinks.
- Respect hot weather, pay attention to advisories.



# Fuel Up Before Exercise

- Fresh veggies, like carrots, celery sticks
- Snack-sized boxes of raisins
- Pretzels
- Low-fat yogurt
- Crackers, like graham crackers, animal crackers, or saltines
- Bagels
- Fig bars
- Fruit juice boxes (choose 100% pure fruit juice, or try orange juice with added calcium)
- Small pack of trail mix
- Fresh fruits such as bananas, oranges, grapes (try freezing your grapes for a new taste sensation!), and berries

# What Can Parents Do?

- Be a role model
  - **Don't smoke** - Parents' smoking habits can greatly increase risk of their children smoking.
  - 
  - **Be active** –It is vital that we teach and encourage our kids to stay active. Couch potatoes make future couch potatoes...active kids become active adults.
  - **Have a Healthy Attitude** - You can play a powerful role in your child's development of healthy attitudes about food and nutrition. Your own body image can influence your kids.

# More Parents Can Do

- **Eat A Variety of Healthy Foods** –The earlier you start the better! Young kids are great copycats. If they see you eating healthy foods, they'll want to copy you.
- **Take an active role in creating a healthy lifestyle for your family**- Involve your kids in the preparation of healthy, nutritious meals. Engage kids in food by letting them help with meal planning, shopping and preparing.

# Getting Children Motivated

*Enthusiasm, interest and commitment to do **something** which minimizes pain and increases pleasure.*

- Offer positive feedback
- Let them bring a friend along
- Establish a regular routine
- Let your child be in charge
- Join in!



# Think Outside the Box

- Is your child into computers and technology?
  - Geo-caching- hide & seek game using GPS.
  - Track fitness online (e.g., [www.LiveStrong.com](http://www.LiveStrong.com) or [www.presidentschallenge.org](http://www.presidentschallenge.org))
  - Invest in a Nintendo Wii, Xbox Kinect, or PlayStation Move
- Exercise options outside of organized sports:
  - Bowling
  - Climbing
  - Skateboarding

# Activity Ideas for Kids (DC Metro)

- Guided bicycle tours around D.C., [www.bikethesites.com](http://www.bikethesites.com)
- Indoor Climbing Centers (ages 6 and up)  
[www.earthtreksclimbing.com/climbing-centers.html](http://www.earthtreksclimbing.com/climbing-centers.html)
- Outdoor Treetop Adventure Course at Rock Creek Regional Park, [www.GoApe.com](http://www.GoApe.com) (Min age is 10, Min height - 4 ft 7 in, Max weight - 285 pounds)
- Visit a local amusement park or water park
- Lots of walking and exploring at the National Zoo, Aquarium or museums

# Low Cost or Free Activities

- Pack a healthy picnic and take a hike at a local park
- Pick seasonal fruit at a local orchard or plant a garden at home
- Rent paddle boats at the Tidal Basin, or rent canoes at Lake Needwood or Black Hills Regional Park
- Organize a neighborhood “Field Day” or Scavenger Hunt
- Become a US Botanic Garden Junior Botanist, its free!  
[http://www.usbg.gov/education/Junior\\_Botanist.cfm](http://www.usbg.gov/education/Junior_Botanist.cfm)

# Low Cost or Free Activities

- Volunteer with your children – clean up the local parks, organize a food drive, animal shelters, soup kitchen, etc
- Train for a local Family Fun Run or Walk  
[www.marinemarathon.com/weekend\\_events/kids\\_run.htm](http://www.marinemarathon.com/weekend_events/kids_run.htm)
- Play miniature golf, skate parks, roller or ice skating rinks



**What does your family do  
together to get fit?**

# Let's Move! Initiative

- Initiative that addresses all of the various factors that lead to childhood obesity that engages every sector of society that impacts the health of children to provide schools, families and communities the simple tools they need to help kids be more active, eat better, and get healthy.
- "The physical and emotional health of an entire generation and the economic health and security of our nation is at stake."

*- First Lady Michelle Obama at the Let's Move! launch on  
February 9, 2010*

[www.letsmove.gov](http://www.letsmove.gov)

# Resources:



- **Ways to Enhance Children's Activity & Nutrition**
- National Childhood Obesity Prevention Program sponsored by the National Heart Lung and Blood Institute at NIH
- Offers tips, strategies for healthy nutrition, physical activity, and reducing screen time.

<http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/index.htm>

# Other Resources at NIH



- Focus on You – NIH Wellness  
<http://dat.s.ors.od.nih.gov/wellness/>
  - the Division of Amenities and Transportation Services (DATS) has launched this wellness website to provide NIH employees and contractors with a wide range of information and services to enhance their wellness and work/life
- NIH Fitness Center  
<http://www.recgov.org/fitness/fitness.html>
  - Full service fitness centers, multiple locations



# Web Resources

<http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/index.htm>

[www.letsmove.gov](http://www.letsmove.gov)

[www.health.gov/paguidelines/guidelines/chapter3.aspx](http://www.health.gov/paguidelines/guidelines/chapter3.aspx)

[www.betterhealthandliving.com/articles/fast\\_fun\\_family\\_fitness](http://www.betterhealthandliving.com/articles/fast_fun_family_fitness)

[www.washingtonpost.com/gog/dc-kids-activities.html](http://www.washingtonpost.com/gog/dc-kids-activities.html)

[www.montgomeryparks.org/calendar/events/](http://www.montgomeryparks.org/calendar/events/)

[www.marinemarathon.com/weekend\\_events/kids\\_run.htm](http://www.marinemarathon.com/weekend_events/kids_run.htm)

[www.earthtreksclimbing.com/climbing-centers.html](http://www.earthtreksclimbing.com/climbing-centers.html)

[www.goape.com](http://www.goape.com)

# **Thank You!**

Please take a moment to complete the evaluation form provided, your input is appreciated.