

The Physical Activity Guidelines for Children and Adolescents

The Role of Families in Promoting Youth Physical Activity

Your Name
Organization or Group
Date of Presentation



Presentation Objectives

- Identify the benefits of regular physical activity among youth
- Describe the key physical activity guidelines for children and adolescents
- Describe the role of communities in promoting physical activity among children and adolescents



A Day in the Life of Colin: A 7-Year- Old Child

- Walks to and from school
- Jumps rope and does gymnastics in physical education class
- Plays on the playground during recess
- Does homework
- Watches television
- Plays soccer with family
- Plays video games



How Does Physical Activity Help?

- Promotes health and fitness
- Builds healthy bones and muscles¹
- Reduces the risk of developing obesity and risk factors for diseases such as type 2 diabetes and heart disease¹
- Reduces the symptoms of anxiety and depression¹
- Can positively affect concentration, memory, and classroom behavior²

1. HHS. Physical Activity Guidelines Advisory Committee Report;2008

2. J Pediatr 2005;146(6):732–7.



How Much Physical Activity Do Youth Need?

- **Children and adolescents should do 60 minutes (1 hour) or more of physical activity daily.**
 - Aerobic Activities: Most of the 60 or more minutes per day should be either moderate- or vigorous-intensity aerobic physical activity. Include vigorous-intensity physical activity at least 3 days per week.
 - Muscle-strengthening Activities: Include muscle-strengthening physical activity on at least 3 days of the week, as part of the 60 or more minutes.
 - Bone-strengthening Activities: Include bone-strengthening physical activity on at least 3 days of the week, as part of the 60 or more minutes.
- Activities should be age-appropriate, enjoyable, and offer variety.



What Does This Really Mean?

- At least 60 minutes every day
- Mostly aerobic activities
- Add variety and fun



What are Aerobic Activities?

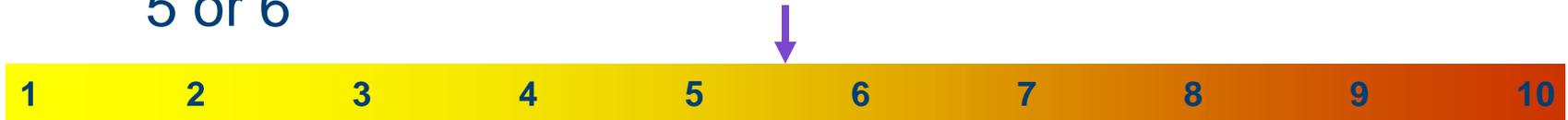
- Activities that keep your body moving enough to increase your heart rate and make you breathe harder
- There are two intensities of aerobic activity:
 - Moderate-intensity
 - Vigorous-intensity



Is My Child's Aerobic Activity Moderate or Vigorous?

- Moderate-intensity Activity

- Heart will beat faster than normal and breathing will be harder than normal
- On a scale of 0 to 10, moderate-intensity activity is a 5 or 6



- Vigorous-intensity Activity

- Heart will beat much faster than normal and breathing will be much harder than normal
- On a scale of 0 to 10, a vigorous-intensity activity is 7 or 8



What are Muscle-Strengthening Activities?

- Activities that make muscles do more work than usual activities of daily life
- Activities that can be part of unstructured play
 - Climbing trees
 - Playing tug-of-war
- Activities that can be structured
 - Push-ups, pull-ups
 - Working with resistance bands
 - Lifting weights



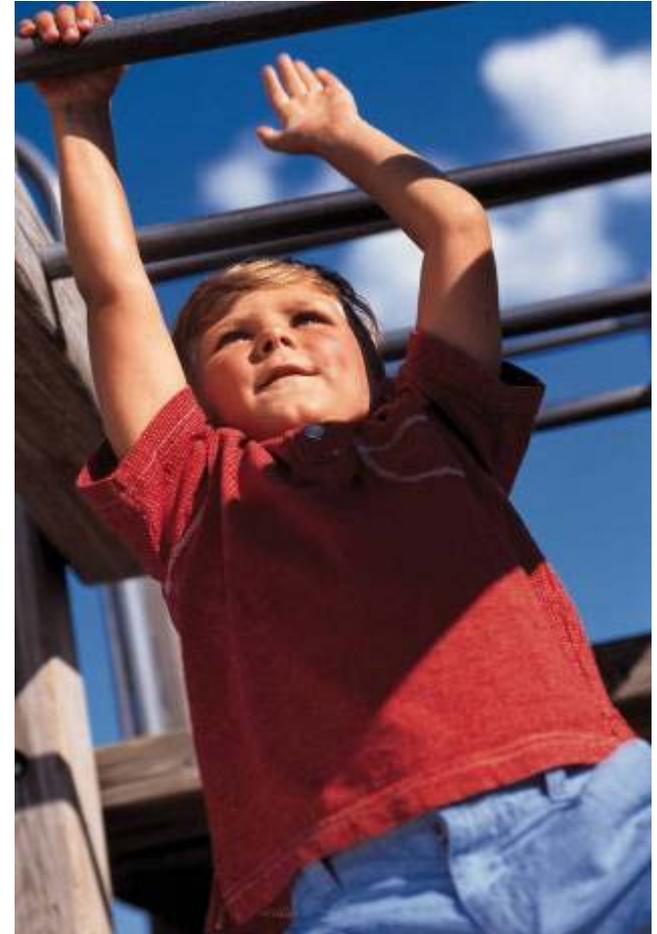
Types of Muscle-Strengthening Activities

Type of Physical Activity	Age Group	
	Children	Adolescents
Muscle-strengthening	<ul style="list-style-type: none">• Games such as tug-of-war• Modified push-ups (with knees on the floor)• Resistance exercises using body weight or resistance bands• Rope or tree climbing• Sit-ups (curl-ups or crunches)• Swinging on playground equipment/bars	<ul style="list-style-type: none">• Games such as tug-of-war• Push-ups and pull-ups• Resistance exercises with exercise bands, weight machines, hand-held weights• Climbing wall• Sit-ups (curl-ups or crunches)



What Are Bone-Strengthening Activities?

- Activities that produce a force on the bones that promotes bone growth and strength, such as jumping
- Activities that are especially important for young people because the greatest gain in bone mass occur during the years just before and during puberty



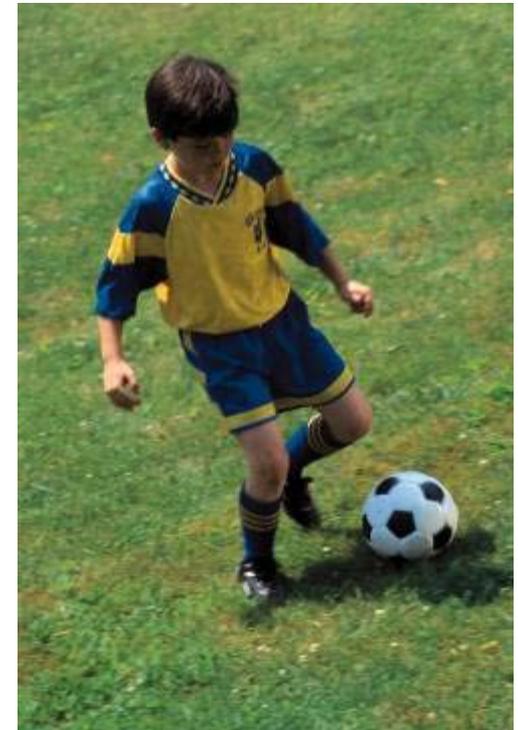
Types of Bone-strengthening Activities

Type of Physical Activity	Age Group	
	Children	Adolescents
Bone-strengthening	<ul style="list-style-type: none">• Games such as hopscotch• Hopping, skipping, jumping• Jumping rope• Running• Sports such as gymnastics, basketball, volleyball, tennis	<ul style="list-style-type: none">• Hopping, skipping, jumping• Jumping rope• Running• Sports such as gymnastics, basketball, volleyball, tennis



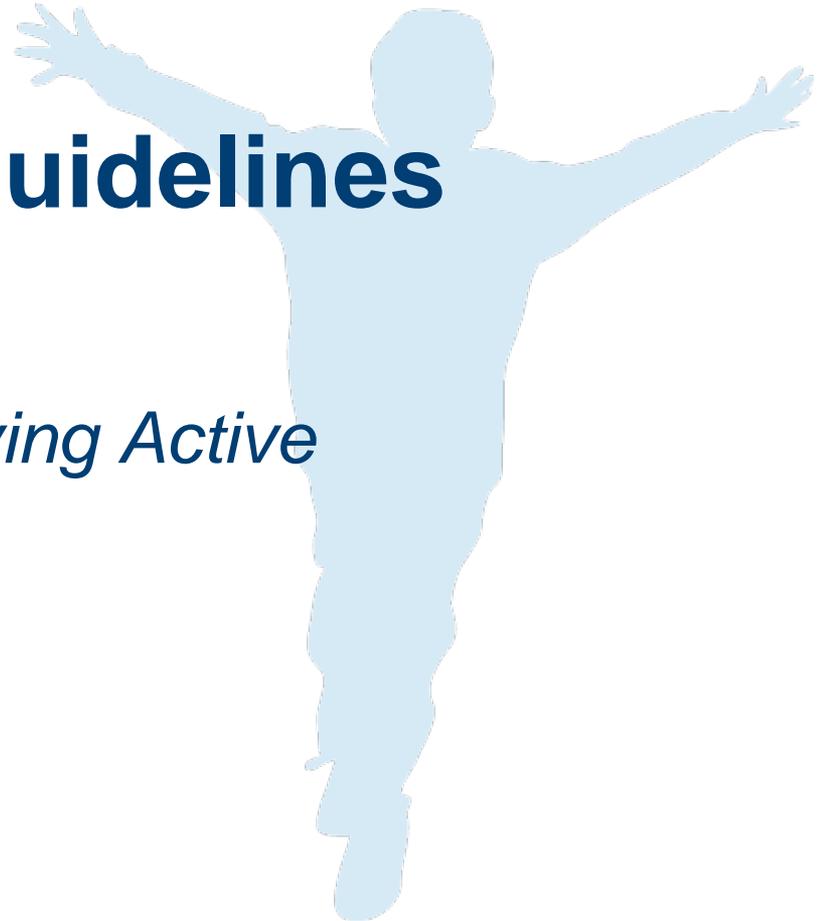
What Are Age-Appropriate Activities?

- Activities that are safe and good for a child's or adolescent's growth and development.
 - Children often move between short bursts of activity and short periods of rest. Adolescents do more structured activities, such as individual or team sports, fitness classes, or planned walks.
 - Younger children strengthen their muscles through active play like gymnastics, playing on a jungle gym, or climbing a tree. Adolescents may start a structured weightlifting program.

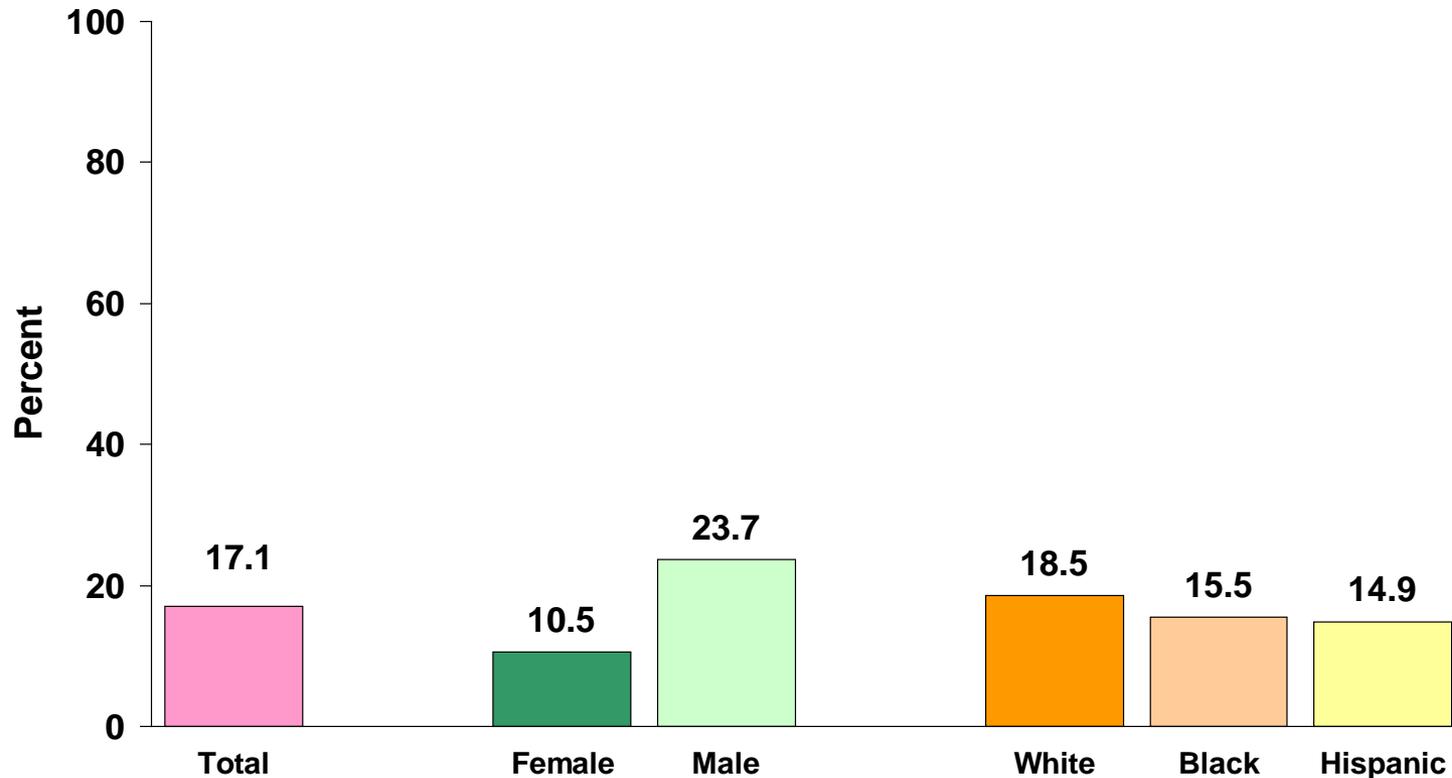


Meeting the Guidelines

Getting and Staying Active



How Physically Active Are High School Students?



* Were physically active doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time for a total of at least 60 minutes/day during the 7 days before the survey.

Source: National Youth Risk Behavior Survey, 2007.

How Much Do 9- to 13- Year-Olds Participate in Physical Activity?

Race/Ethnicity	Organized Activity	Free-Time Activity
Black, non-Hispanic	24%	75%
Hispanic	26%	75%
White, non-Hispanic	47%	79%
Total	39%	77%

Source: MMWR 2003;52(33):785–8.



Meeting the Guidelines

- **Youth Who Don't Meet the Guidelines**
 - Slowly increase activity in small steps
 - Participate in enjoyable activities
- **Youth Who Meet the Guidelines**
 - Continue being active on a daily basis
 - Work toward becoming more active
- **Youth Who Exceed the Guidelines**
 - Maintain activity level
 - Vary the kinds of activities to reduce the risk of injury



A Day in the Life of Colin

- **Walks to and from school (20 minutes)**
- **Jumps rope and does gymnastics in physical education class (10 minutes each)**
- **Plays on the playground during recess (10 minutes)**
- Does homework (20 minutes)
- Watches television (30 minutes)
- **Plays soccer with family (20 minutes)**
- Plays video games (30 minutes)

- **Total physical activity time = 60 minutes**
 - Vigorous-intensity aerobic activity: jumping rope
 - Bone-strengthening activities: jumping rope, gymnastics
 - Muscle-strengthening activities: gymnastics



Colin's Weekly Physical Activities

Monday	Walks to and from school	20 minutes
	Plays on playground	10 minutes
	Jumps rope	10 minutes
	Does gymnastics	10 minutes
	Plays soccer with family	20 minutes
Tuesday	Walks to and from school	20 minutes
	Plays on playground	25 minutes
	Climbs on playground equipment	15 minutes
Wednesday	Walks to and from school	20 minutes
	Plays actively with friends	25 minutes
	Jumps rope	10 minutes
	Runs	5 minutes
	Does sit ups	2 minutes



Colin's Weekly Activities, cont.

Thursday	Plays actively with family	30 minutes
	Plays soccer	30 minutes
Friday	Walks to and from school	20 minutes
	Plays actively with friends	25 minutes
	Bicycles	15 minutes
Saturday	Plays on playground	30 minutes
	Climbs on playground equipment	15 minutes
	Bicycles	15 minutes
Sunday	Plays on playground	10 minutes
	Plays soccer	40 minutes
	Plays tag with family	10 minutes



Maria: A 16-Year-Old Adolescent

- Maria participates in many types of physical activities in many places
- She plays tennis and does sit-ups and push-ups during physical education class
- She likes to play basketball at the YMCA, do yoga, and go dancing with her friends
- She likes to walk and hike with her dog



A Day in the Life of Maria

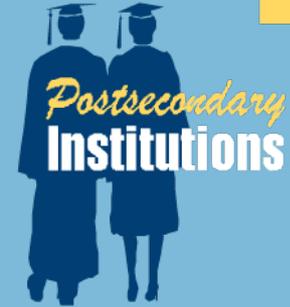
- Walks dog (10 minutes)
- Plays tennis (30 minutes)
- Does sit-ups and push-ups (5 minutes)
- Plays with children at the park while babysitting (15 minutes)
- Total physical activity time = 60 minutes
 - Vigorous-intensity aerobic activity: tennis
 - Bone-strengthening activity: tennis
 - Muscle-strengthening activity: sit-ups and push-ups



Barriers to Meeting the Guidelines

- Personal
 - Attitude
 - Belief in ability to be physically active
- Social
 - Influence of their peers
 - Parental support
- Environmental
 - Safe locations to be active
 - Access to equipment
 - Financial costs of physical activities
 - Time



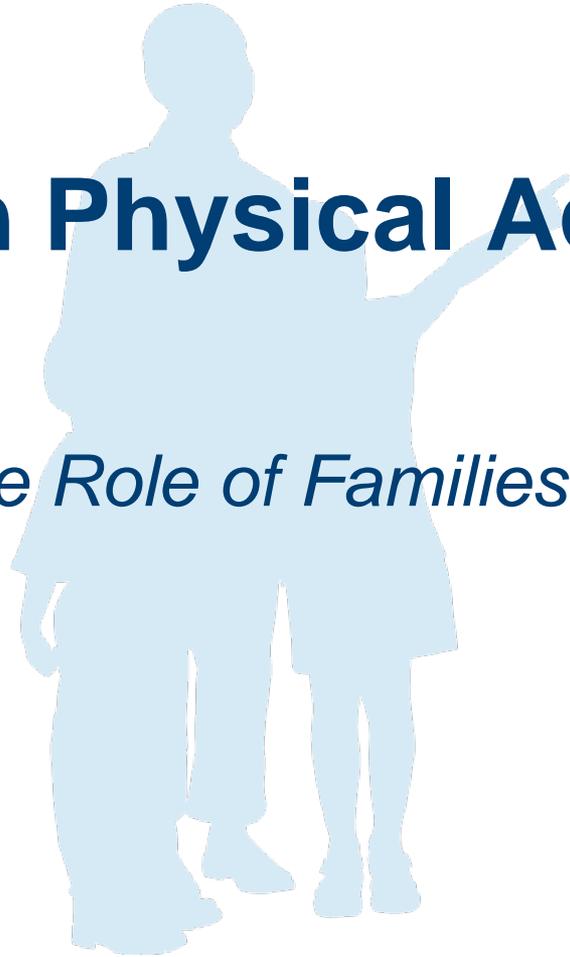


YOUTH PHYSICAL ACTIVITY



Youth Physical Activity

The Role of Families



Set a Positive Example

- Lead an active lifestyle yourself
- Make family time an opportunity for physical activity
 - Take a walk together after dinner
 - Do housework or yard work together
 - Walk the dog together
 - Make use of low- or no-cost resources
 - ◆ Public parks
 - ◆ Community fields and courts
 - ◆ Recreation areas
- Replace inactivity with activity whenever possible
 - Example: walk or bike to school instead of riding in a car



Limit “Screen Time”

- The American Academy of Pediatrics recommends less than 2 hours of media time per day
 - Television
 - Computer
 - Movies and DVDs
 - Video games
- Turn off the television during mealtimes
- Turn commercial breaks into activity breaks
- Do not use “screen time” as a reward or punishment



Encourage Physical Activity

- Expose children to a variety of physical activities
- Be positive about the physical activities in which your child decides to participate
- Encourage children to talk about their experience with physical activity
- Help your child get to and from practices and events
- Give your child toys that promote physical activity



Encourage Children to Be Active With Friends

- Play outside instead of watching television or playing video games
- Make special events physical activity events
 - Activity-based birthday parties
 - Other group functions
- Encourage your child to join a team or try a new physical activity with a friend



Partner With Your Child's School

- Learn about what physical activities are offered at your child's school
- Talk to the principal or write a letter to the district superintendent if you think that there should be more physical education at your child's school
- Encourage the school to implement a comprehensive physical activity program



Partner With Your Child's School

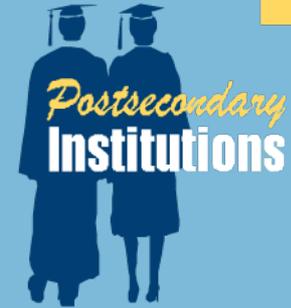
- Become a member of the school health advisory board
- Help organize special events like walk-a-thons, dance-a-thons or bike-a-thons
- Volunteer to help with afterschool sports teams



Participate in School-based Physical Activity

- Family homework assignments
- Activity newsletters
- Family activity nights
- Field days
- Walk-to-School Week





YOUTH PHYSICAL ACTIVITY



Thank you!

Questions?

Be Active and Play, 60 minutes, every day!

Information in this presentation is provided by

U.S. Department of Health and Human Services
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www.cdc.gov/HealthyYouth

