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 muscles\(^1\)
• Reduces the risk of developing obesity and risk factors for diseases such as type 2 diabetes and heart disease\(^1\)
• Reduces the symptoms of anxiety and depression\(^1\)
• Can positively affect concentration, memory, and classroom behavior\(^2\)

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

<table>
<thead>
<tr>
<th>Type of Physical Activity</th>
<th>Age Group</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Children</td>
</tr>
</tbody>
</table>
| Muscle-strengthening      | • 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 |
|                           | • 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

<table>
<thead>
<tr>
<th>Type of Physical Activity</th>
<th>Age Group</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Children</td>
</tr>
<tr>
<td>Bone-strengthening</td>
<td>• Games such as hopscotch</td>
</tr>
<tr>
<td></td>
<td>• Hopping, skipping, jumping</td>
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<tr>
<td></td>
<td>• Jumping rope</td>
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<tr>
<td></td>
<td>• Running</td>
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<td></td>
<td>• Sports such as gymnastics, basketball, volleyball, tennis</td>
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<td></td>
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</tbody>
</table>
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.

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

<table>
<thead>
<tr>
<th>Race/Ethnicity</th>
<th>Organized Activity</th>
<th>Free-Time Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Black, non-Hispanic</td>
<td>24%</td>
<td>75%</td>
</tr>
<tr>
<td>Hispanic</td>
<td>26%</td>
<td>75%</td>
</tr>
<tr>
<td>White, non-Hispanic</td>
<td>47%</td>
<td>79%</td>
</tr>
<tr>
<td>Total</td>
<td>39%</td>
<td>77%</td>
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</tbody>
</table>

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
<table>
<thead>
<tr>
<th></th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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<tbody>
<tr>
<td></td>
<td>Walks to and from school</td>
<td>Walks to and from school</td>
<td>Walks to and from school</td>
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<tr>
<td></td>
<td>Plays on playground</td>
<td>Plays on playground</td>
<td>Plays actively with friends</td>
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<td></td>
<td>Jumps rope</td>
<td>Climbs on playground equipment</td>
<td>Jumps rope</td>
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<tr>
<td></td>
<td>Does gymnastics</td>
<td></td>
<td>Runs</td>
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<td></td>
<td>Plays soccer with family</td>
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<td>Does sit ups</td>
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<td>15 minutes</td>
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<td>10 minutes</td>
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<td>5 minutes</td>
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<td>2 minutes</td>
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Colin’s Weekly Activities, cont.

<table>
<thead>
<tr>
<th>Day</th>
<th>Activity</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thursday</td>
<td>Plays actively with family</td>
<td>30 minutes</td>
</tr>
<tr>
<td></td>
<td>Plays soccer</td>
<td>30 minutes</td>
</tr>
<tr>
<td>Friday</td>
<td>Walks to and from school</td>
<td>20 minutes</td>
</tr>
<tr>
<td></td>
<td>Plays actively with friends</td>
<td>25 minutes</td>
</tr>
<tr>
<td></td>
<td>Bicycles</td>
<td>15 minutes</td>
</tr>
<tr>
<td>Saturday</td>
<td>Plays on playground</td>
<td>30 minutes</td>
</tr>
<tr>
<td></td>
<td>Climbs on playground equipment</td>
<td>15 minutes</td>
</tr>
<tr>
<td></td>
<td>Bicycles</td>
<td>15 minutes</td>
</tr>
<tr>
<td>Sunday</td>
<td>Plays on playground</td>
<td>10 minutes</td>
</tr>
<tr>
<td></td>
<td>Plays soccer</td>
<td>40 minutes</td>
</tr>
<tr>
<td></td>
<td>Plays tag with family</td>
<td>10 minutes</td>
</tr>
</tbody>
</table>
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

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
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www.cdc.gov/HealthyYouth