Dear Families,

Jump rope, play tag, ride a bike, or just run—how important is it for your child to get up and get moving? For starters, physical activity helps control weight, reduces blood pressure, raises “good” cholesterol, and reduces the risk of diabetes and some kinds of cancer. It also improves self-confidence and self-esteem, can improve moods, and can help improve sleep. That’s all good news! The American Heart Association recommends that all children ages two and older participate in at least 60 minutes of enjoyable, moderate-to-vigorous-intensity physical activity every day (that means vigorous activities that are appropriate to their age and stage of physical and emotional development). The benefits go beyond good health: physical activity can bring a family together, it doesn’t have to cost any money, and it’s fun!

Remember, your child doesn’t have to do 60-minute workouts. Shorter periods of physical activity throughout the day will benefit your child too.

Sincerely,

Teacher

Good to Know!

Here’s a fact: healthy kids have better grades in school, have better attendance, and behave better in class. Getting active is an important step to good health! Learn more at heart.org/kids.

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