



American Heart Association®

Life's Essential 8™

→ for kids

# HOW TO BE MORE ACTIVE

## MOVE MORE OUR BODIES ARE MEANT TO MOVE



### KIDS & TEENS

should get at least 60 minutes of physical activity every day, including play and structured activities.<sup>1</sup>

### ACTIVITY HELPS OUR:

#### BRAIN

Exercise releases hormones that make you feel good. It can also help kids develop a sense of accomplishment.<sup>2</sup>

#### HEART

Regular exercise can prevent heart disease in the future as well as reduce the risk of chronic diseases like obesity, Diabetes mellitus and high blood pressure.<sup>3</sup>

#### BONES

Movement helps strengthen our muscles and our bones.<sup>4</sup>

Learn more at [heart.org/lifes8](https://heart.org/lifes8)



## TIPS FOR SUCCESS



### SET GOALS

Set realistic goals and make small, lasting changes to set yourself up for success.



### BE A GOOD ROLE MODEL

Children are more likely to be active if their families are active with them.



### HAVE FUN

Putting your child in organized sports or classes will keep them active and help them discover their favorite ways to get moving.



### STAY ACTIVE

Develop a lifelong habit. Children who are active tend to remain active as adults.



### SKIP THE SCREENS

Children should be limited to two hours of screen time daily.

<sup>1</sup>Centers for Disease Control Physical Activity Guidelines for Americans 2nd Edition [https://health.gov/sites/default/files/2019-09/Physical\\_Activity\\_Guidelines\\_2nd\\_edition.pdf](https://health.gov/sites/default/files/2019-09/Physical_Activity_Guidelines_2nd_edition.pdf)

<sup>2</sup>Centers for Disease Control, Benefits of Physical Activity - <https://www.cdc.gov/physicalactivity/basics/pa-health/index.htm>

<sup>3</sup>European Heart Journal - Pedro L Valenzuela and others, Exercise benefits in cardiovascular diseases: from mechanisms to clinical implementation, European Heart Journal, Volume 44, Issue 21, 1 June 2023, Pages 1874-1889, <https://doi.org/10.1093/eurheartj/ehad170>

<sup>4</sup>Centers for Disease Control, Benefits of Physical Activity - <https://www.cdc.gov/physicalactivity/basics/pa-health/index.htm>