



UNIVERSITY OF ILLINOIS  
EXTENSION  
NUTRITION EDUCATION PROGRAMS

# PHYSICAL ACTIVITY



Dear Parent,

Today your child learned it is important to be physically active every day. It is good for your child's health to be active 60 minutes most days. Be a good role model. Let your child see you physically active. You need at least 30 minutes of moderate intensity physical activity on most days of the week. If you have questions, contact your local Extension office:



- Provide opportunities for your child to be active. Play with your child. Take your child to places where they can be active.
- Make sure the physical activity is age-appropriate to keep your child safe.
- Limit the time your child sits and watches television or plays video games.

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## Ideas for Physical Activities

### Suggestions for children:

brisk walking	playing tag	skating
jumping rope	swimming	playground activities

### Suggestions for teens and adults:

**Moderate physical activity**  
gardening and yard work  
dancing  
brisk walking  
bicycling ≤10 mph

**Vigorous physical activity**  
running and jogging  
bicycling >10 mph  
swimming  
aerobics