

BE ACTIVE EVERY DAY



WARM UP

How many minutes of physical activity do you need every week?

- A. 20 minutes
- B. 30 minutes
- C. 60 minutes
- D. 150 minutes

How can you and your child be physically active together this week?

Answer: D. Adults need at least 150 minutes of physical activity each week.

There are different recommendations for how much physical activity is needed in every age group. Adults are recommended to participate in 150 minutes of activity per week and children are recommended to do 60 minutes of activity everyday. Let's explore the different types of physical activity you and your family can do below:

INTENSITY LEVEL	WHAT IT MEANS	HOW TO GET IT
Light	Does not increase your heartbeat or breathing	Take a bike ride or go on a casual walk with your family
Moderate*	Uses more effort and increases your heartbeat and breathing	Work in the garden or dance together
Vigorous*	Uses a large amount of energy and greatly increases heartbeat and breathing	Swim laps, play a competitive sports game or go running

*These intensities count towards your physical activity recommendation.

SPOTLIGHT MOVE



HIGH KNEE RUN

Bring your knees up high toward your chest while running in place.

Do it for 1 minute!

Complete the crossword puzzle using words you learned in this week's module.

- AEROBIC
- CALORIES
- HEART RATE
- BREATHING RATE
- INTENSITY
- LIGHT
- MODERATE
- VIGOROUS
- RECOMMENDATION

ACROSS

4. How to measure heart beats

8. A suggestion

DOWN

1. This intensity of activity uses very little effort

2. A type of measurement for how much energy is in a food

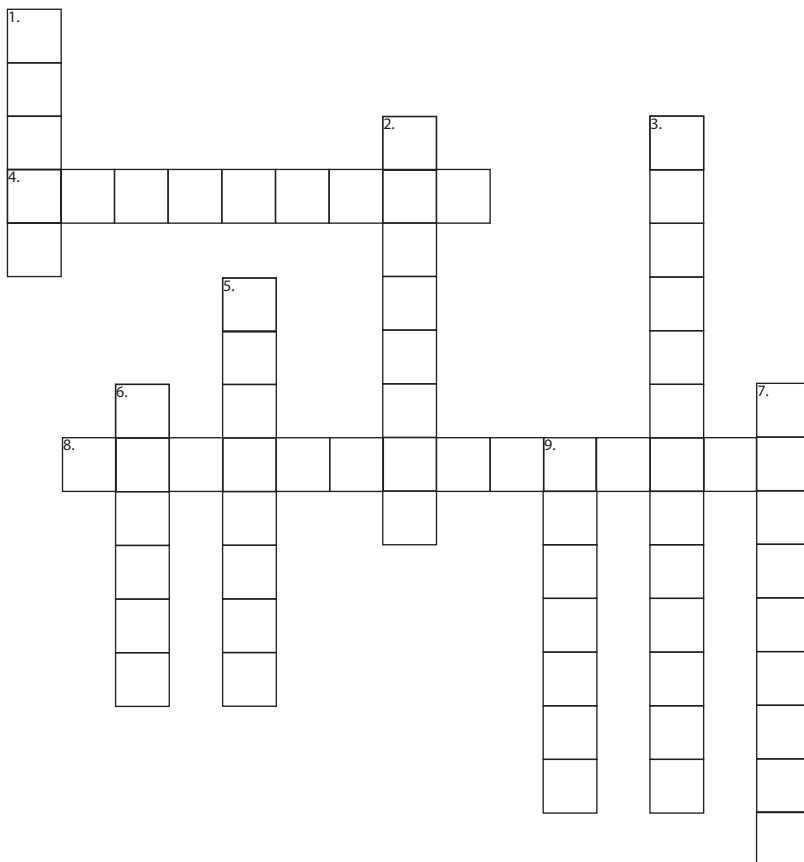
3. How much you are breathing

5. This intensity of exercise uses a lot of effort

6. This intensity of exercise uses some effort

7. How much effort a physical activity uses. There are three types.

9. A type of exercise that helps boost heart health



Sources:
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