



# Finding Fun in Physical Activity

**May is National Physical Fitness and Sports Month.** According to Melissa Johnson, executive director of the President’s Council on Physical Fitness and Sports, “Americans of all ages need to incorporate more movement in their daily lives. Adults need at least 30 minutes of activity most days of the week. This can be done by choosing to bike or walk instead of driving, taking stairs instead of elevators, or pushing a lawnmower instead of riding one.” It is important to understand that you don’t need to pump iron in the gym or run a marathon to achieve the health benefits of daily physical activity. Even 30 minutes a day, broken up into shorter segments of ten or fifteen minutes, can greatly improve your health. Always check with your healthcare provider before starting a fitness program.

Children also need to move more on a daily basis. They need at least 60 minutes of active play daily. They need to run, climb, jump, and just get up and move around, away from their desks, the television and computer games.

## **Try these easy and fun ways to increase your kids’ activity level and laugh your way to physical fitness!**

- ☺ The hokey pokey
- ☺ Follow the leader
- ☺ Simon says
- ☺ Parades—use instruments or act like animals
- ☺ Dancing—have each child create a dance move for everyone to try
- ☺ Parachute Play—Keep any type of objects on the parachute
- ☺ Clapping and stomping to the beat of the music
- ☺ Children's Music that Calls for Movement, Participation, Dance and Exercise

Brainstorm some fun, creative ideas for your classroom and share them with the group. Try doing a couple of the favorites together.

For more information about moving more, please contact Healthy Orange at 568-5226. For information about the President’s Council on Physical Fitness and Sports, go to [www.fitness.gov](http://www.fitness.gov) or [www.presidentschallenge.org](http://www.presidentschallenge.org).