Physical Activity and Healthy Eating for Kids

Physical Activity

It is recommended that your child get at least 60 minutes of physical activity each day.

Bone strengthening
3 times a week, activities to strengthen bones should be included. This includes activities like:
- Jump rope
- Wheelchair Basketball

Muscle strengthening
3 times a week, activities to strengthen muscles should be included. This includes activities like:
- Jungle gym
- Tug-of-War

Aerobic
Most activity should be moderate to vigorous aerobic activity. This includes activities like:
- Walking or wheeling
- Dancing or Chair Aerobics

Try adding physical activity into family time. Playtime is an important part of childhood!
Limit sugary and fatty foods like ice cream and cake. If you only give them to your child occasionally, they’ll really become treats!

**Monkey see, monkey do!**

Kids model what they see! Eating healthy yourself can help your child eat healthy too!

**Healthy Eating**

- **Fruits**
  - Include delicious fruit like apples and blueberries

- **Vegetables**
  - Include colorful veggies like broccoli and carrots

- **Dairy**
  - Include low-fat dairy like non-fat yogurt and skim milk

- **Protein**
  - Include lean protein like fish, chicken, and beans

- **Whole Grains**
  - Include whole grains like oatmeal and brown rice

**Stay hydrated!**

Water is vital for both physical and mental functioning.

**Community Resources**

Gainesville Health and Fitness has an inclusive training program that could be a great place to start when looking for ideas for physical activity [https://www.ghfc.com/fit-for-all#](https://www.ghfc.com/fit-for-all#)

For a list of programs and classes designed for kids with special needs in mind, go to [http://fun4gatorkids.com/Programs-Classes/Special-Needs/](http://fun4gatorkids.com/Programs-Classes/Special-Needs/)

For tips about helping your child maintain a healthy weight, go to [https://www.cdc.gov/healthyweight/children/](https://www.cdc.gov/healthyweight/children/)

The National Center for Health, Physical Activity and Disability has information about health and exercise for persons with disability [http://www.nchpad.org/](http://www.nchpad.org/)

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