

Physical Activity and Healthy Eating for Kids

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



Physical Activity

Try adding physical activity into family time. Playtime is an important part of childhood!

Aerobic

Most activity should be moderate to vigorous aerobic activity. This includes activities like:

- Walking or wheeling
- Dancing or Chair Aerobics



Muscle strengthening

3 times a week, activities to strengthen muscles should be included. This includes activities like:

- Jungle gym
- Tug-of-War

Bone strengthening

3 times a week, activities to strengthen bones should be included. This includes activities like:

- Jump rope
- Wheelchair Basketball



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!

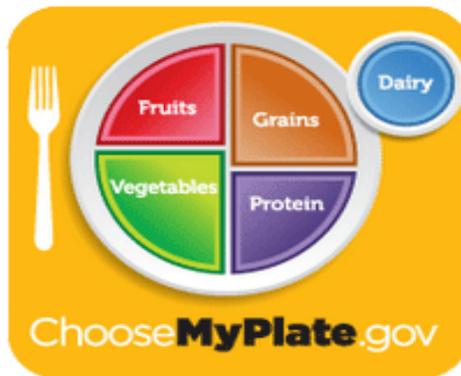
Kids model what they see!
Eating healthy yourself can help your child eat healthy too!



Healthy Eating

Stay hydrated!

Water is vital for both physical and mental functioning.



Vegetables

Include colorful veggies like broccoli and carrots

Fruits

Include delicious fruit like apples and blueberries

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

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#>

For a list of programs and classes designed for kids with special needs in mind, go to <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/>

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

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