



## Fact Sheet

### Family Fitness Day – September 26<sup>th</sup>

Children today are living in a different world than the world their parents grew up in. Gone are the days of running up and down the cul-de-sac after school, or playing in the woods until dark. More children are coming home today to flop down on the couch with a bag of chips to watch TV or play video games. One in three children is either overweight or obese. Children are dealing with high cholesterol, fatty deposits in their arteries, and type 2 diabetes – conditions that used to be seen only in adults. Parents have to be intentional in finding ways to ensure their children get the recommended hour of physical activity every day.

Family Health and Fitness Day on September 26<sup>th</sup> encourages families to make exercise a lifelong habit by being active together every day. Research shows that by participating in regular physical activity in childhood, kids lay the foundation for health benefits and lifelong healthy habits. They build positive attitudes toward physical activity and are more likely to participate in it more often as they grow up.

Spend time walking together at your local park or around your neighborhood. Put on some music and dance. Play tag. Rollerblade or bicycle. Kick a ball. Shoot baskets. Play frisbee, or golf, or frisbee-golf. Have fun!

The CDC recommends that children get three types of exercise: aerobic, muscle-strengthening and bone strengthening. Moderate or vigorous aerobic exercise gets the child's heart pumping during activities like bicycling or swimming. Muscle-strengthening happens when they climb trees or do gymnastics or push-ups. Bone-strengthening occurs during running and jumping rope.

Be a great role model and help your family get healthier! Turn off the TV and play with your kids. It will help you all feel better, and will build healthy attitudes about exercise and positive lifelong habits for your children.

Learn more by visiting [www.phelpscountyhealth.com](http://www.phelpscountyhealth.com), Facebook, Twitter, or by calling (573) 458-6010. The Phelps/Maries County Health Department – caring for your family, caring for our community, caring for YOU!



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