

Move for your Health

Brought to you by AHS Physiotherapists



Alberta Health
Services

Active Parents = Active Children

Be Active as a Family

Benefits of Physical Activity

- Physically fit children learn and concentrate better in school.
- Prevents or reduces obesity and chronic diseases in your family.
- Active teens are less likely to have depression, anxiety or start smoking.
- Boosts self-esteem.
- Parenting can be stressful sometimes. Exercise can help parents' better handle stress.
- Parent role modeling of regular exercise and healthy eating is the best strategy to give your children a healthy future.

What's stopping you?



Time: Everyone is busy, but there are ways to fit fun and physical activity into your daily routine. Make it a priority and active play can happen every day.



Cost: Movement is free! Walk, run, explore as a family. There are community resources to help families with limited income to participate in organized activities.



Motivation: The first step is starting. Find an activity you and your family like doing or ask a physiotherapist to help plan your activity program. Keep moving, keep playing, and make it a habit.



Injury/ Disability: A physiotherapist can help you all to get active and stay active whether you or your child's injury/disability are recent or chronic. Everyone can play!

Tips

- Visit <https://myhealth.alberta.ca/health/pages/conditions.aspx?hwid=zx3509> for some helpful tips.
- Visit www.bringbackplay.ca. It is a database full of games that can be played with little to no equipment. You will likely find the ones you loved to play as a child.

Rx

Adults: 2 ½ hours of moderate to vigorous activity every week

Children 5 years and up: at least 1 hour of activity per day

Children 1-4 years: 3 hours of activity throughout the day

- Additional Information

Public Health Agency of Canada – Physical Activity Guides.

<http://www.phac-aspc.gc.ca/hp-ps/hl-mvs/pa-ap/index-eng.php>

Active for Life. Raising happy healthy kids.

<http://activeforlife.com/>

The Preschooler Focus. McMaster University

http://fhs.mcmaster.ca/chemp/newsletters_bulletins.html

Have a Ball Together. Ontario's maternal, newborn, and early child development resource centre

<http://haveaballtogether.ca/>

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