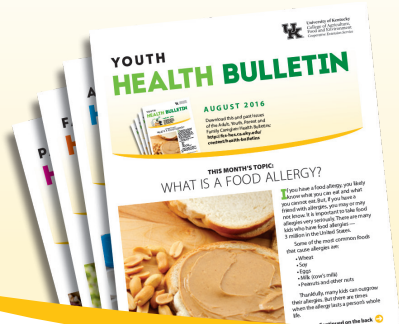


YOUTH HEALTH BULLETIN



JANUARY 2019

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<http://fcs-hes.ca.uky.edu/content/health-bulletins>

THIS MONTH'S TOPIC: GET MOVING!



Do you ever have a hard time sitting still? Sometimes your body just really, really wants to move. That is natural. The more you move, the better you feel, and the easier it is to sit still when you need to.

When you get moving, it helps keep you healthy, gives you energy, boosts your self-confidence, can make you feel more relaxed, and it is true — physical activity can help you do better in school.

Physical activity also helps you build muscles and strengthen your bones. Do you know how to strengthen your bones? You probably

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Be a good role model for your siblings, friends, or even parents and get moving!



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already do it every day. You build your bone strength by putting pressure on them to get stronger. Running, jumping, or even doing a cartwheel are some ways to build bone strength.

When you are playing, you might feel your heart beat faster, which is a sign that you are increasing your heart rate and making your heart stronger. That is a good thing. Just make sure that if you need to take a break, you listen to your body.

How much activity do I need?

Kids age 6 to 17 need at least 60 minutes of movement every day. However, if you can get more minutes in — do it!



How to get 60 minutes of activity?

Do not feel like you have to have a full 60 minutes free to be active. You can split up your movement throughout the day. It all adds up.

What is your favorite way to move?

You can move your body in tons of different ways, there is no wrong or right way to get moving. You can do activities before school, at recess, or after school.

To fit in more movement, maybe you could walk to school or the bus stop with an adult. Or you can have a dance party while getting ready for the day. At recess, do the monkey bars or play tag with friends. After school, go for a walk with your family or play basketball with friends.

Be a good role model for your siblings, friends, or even parents and get moving! Even better, get your family and friends involved in physical activity with you.

RESOURCES:

- <https://www.hhs.gov/about/news/2018/11/12/hhs-releases-physical-activity-guidelines-americans-2nd-edition.html>
- https://health.gov/paguidelines/moveyourway/materials/PAG_MYW_Kids_FS.pdf

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