

Help Your Child to Stay Healthy



- 1. Help your child to find an exercise activity he/she likes to do:**
 - Playing ball
 - Soccer
 - Baseball
 - Gardening
 - Going to the park or zoo
 - Jump rope
 - Dancing
 - Fishing
 - Hiking, walking
 - Biking
 - Track
 - Hopscotch
- 2. Children of all ages and abilities can improve their quality of life through regular, moderate physical activity.**
- 3. The 2008 Physical Activity Guidelines for Americans for children six and older:**
 - Children should do 1 hour (60 minutes) or more of physical activity every day.
 - Most of the 1 hour or more a day should be either moderate-intensity or vigorous-intensity aerobic physical activity.
 - As part of their daily physical activity, children should do vigorous-intensity activity on at least 3 days per week. They also should do muscle-strengthening and bone-strengthening activity on at least 3 days per week.
 - For children with special health care needs/disabilities you should work with your child's health care provider to identify the types and amounts of physical activity appropriate for them. When possible, these children should meet the guidelines for children, or as much activity as their condition allows. Children should avoid being inactive.
- 4. The National Center on Physical Activity and Disability** has resources, exercise videos, adapted exercises, fact sheets, leisure activity suggestions and much more. Check out their website at: <http://www.ncpad.org/index.php>, call toll-free 1-800-900-8086 or e-mail: ncpad@uic.edu.
- 5. Most kids don't need an exercise program, but it is very important to keep them active.**
- 6. Remember to check with your doctor before starting any new type of activity program that could be strenuous.**

We're here to help. To learn more about UIC-Specialized Care for Children's programs and services, check out our website at:

dsc.uic.edu or like us on  [facebook.com/dsc.uic.edu](https://www.facebook.com/dsc.uic.edu)