

HEALTH PROMOTING SCHOOLS

Let's Get Active!

HEALTH NOTE FACTS:

Let's get active! Did you know that children and youth (ages 5-17) should have at least one hour of physical activity every day. By incorporating physical activity in your daily routine at home, school and play you'll feel more energized, healthy and happy. Starting healthy habits early in life will provide children with lifelong benefits.

Benefits of physical activity for children and youth:

- Meet new friends and builds social connections
- Increase concentration and ability to focus on school activities
- Improves self-esteem & mental health, and well-being
- Decreases stress
- Builds stronger bones, heart and muscles
- Posture and balance are strengthened
- Leads to healthy growth and development
- Helps maintain a healthy body weight
- Lowers the risk of chronic diseases and health problems



RESOURCE LINKS:

- [Physical Education Activities | PHE Canada](#)
- [Physical activity and your health - Canada.ca](#)
- [Physical activity for children and youth | Caring for kids](#)
- [Children and physical activity - Canada.ca](#)

Support Tips:

Tips to help kids get active:

- Try fun seasonal activities.
Winter Activities: snowboarding, skiing, sliding, snowshoeing, building a snowman.
Spring/Summer/Fall Activities: skateboarding, swimming, biking, hiking, running, skipping rope.
- Walk the dog or ask friends to go for a walk together.
- Do chores to increase activity: Rake the leaves, shovel snow, carry the groceries, or vacuuming/dusting.
- Dance (fun activity in any weather)
- Replace screen time with something active. It's important to set limits on screens (includes television, computers, tablets, video games, and smart phones)
- Join a school sport team or go to open gym.
- Active transportation: walk or bike instead of driving; take the stairs instead of the escalator or elevator.
- Explore playgrounds, trails, parks, and beaches with family and friends.

Remember: Keep it fun and try to do a combination of structured activities, like organized sports, and unstructured activities, like playing in a playground/park.

Additional Resource:

- [Hiking NB - Trail List](#)
- [Home | Explore New Brunswick's Provincial Parks | NB Parks](#)
- [Oromocto Parks](#)
- [Parks Directory | City of Fredericton](#)
- [Recreation Woodstock - City of Woodstock](#)

