

Activities for Children: Step up and Stay

Take a Break:



Take a 10-minute break every hour that you sit at the computer, read, or do homework. Dance, wrestle with the dog, take a walk, or run up and down the stairs.

Strength Activities and Flexibility:

3 days a week
Climb
Jump rope
Hang and Swing
Play tug-of-war
Stretch and hold for 8-10 seconds
Do somersaults and cartwheels
Skateboard
Paddle a boat
Learn martial arts or yoga



Moderate to Vigorous Activities:

Accumulate 60 minutes a day
Walk fast
Hike
Swim
Dance
Skip
Run
Skate
Bike
Shoot hoops
Play tag or flag football
Dribble a soccer ball
Hopscotch



Everyday Activities:

At least 15 minutes at a time
Indoors:
Take the stairs
Help around the house
Pick up your playthings and clothes
Play with friends or a pet
Outdoors:
Walk or bike rather than ride
Rake leaves or shovel snow
Wash a car or bike
Carry the trash out to the curb



Being Physically Active Helps you:

Build strong muscles and bones
Have more energy
Learn and concentrate
Maintain a healthy weight
Feel good about yourself

Cardiac Risk Factor Reduction Program

Who can benefit:

- ~ Overweight children (BMI >95th %ile)
- ~ Children with high blood pressure
- ~ Children with high cholesterol
- ~ Children with other co-morbidities

What is the program?

- ~ 12-week program that incorporates nutrition and physical activity education
 - ~ One on one counseling with a registered dietitian and exercise physiologist
 - ~ Group nutrition and exercise sessions
- How do I get enrolled?
- ~ Ask your pediatrician for a referral to Children's Heart Center
 - ~ Set an appointment with one of our pediatric cardiologists
 - ~ Make an appointment for a one hour consultation with one of our registered dietitians



(702) 732-1290

Childrensheartcenter.com