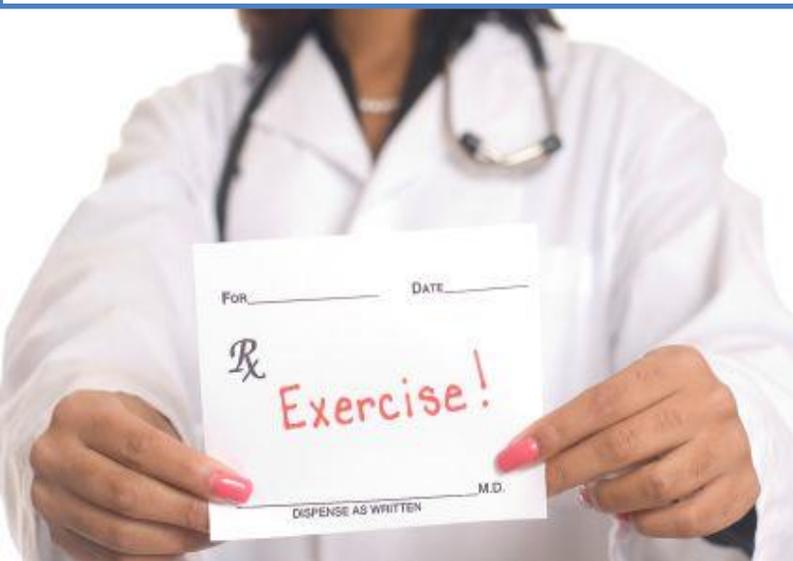


Exercise is Medicine® Canada



A Resource Guide for Physical Activity in Children



5 Benefits of Exercise

Demonstrating the importance of being physically active in early life helps to instill healthy lifestyle choices and life-long physical fitness throughout the rest of life

FUN!

Find out the fun activities and games that your child enjoys. Use it as an opportunity to enjoy the outdoors, or simply just to have fun with your child! A game of tag, visit to the park or playground, or walk/bicycle ride through the neighbourhood are great ways to be active!

IMPROVED PRODUCTIVITY

Exercise improves your ability to focus, handle stress and contributes to good mental health.

WEIGHT CONTROL

Exercise can help keep your weight in check whether through weight loss or prevention of excess weight gain.

DISEASE AND HEALTH CONDITION PREVENTION

Exercise can help to prevent or manage chronic diseases such as high blood pressure, heart disease, osteoporosis, type II diabetes, stroke, and depression.



IMPROVED QUALITY OF LIFE

Exercise improves self-esteem, develops strong and healthy bones, boosts mood and maintains healthy cognitive function.

Has your child's doctor checked off a referral to a Certified Exercise Health Professional?

If your child's doctor has indicated that your child has a health condition (i.e. chronic diseases, conditions and/or physical disability), then an exercise professional will utilize scientific rationale to design, implement and supervise exercise programming that is safe and clinically relevant for your child. Here are a couple of certified exercise professionals currently in practice in Kingston:

Mary Beth McGinn

Certified Exercise Physiologist
613-532-9528

maryelizabethmcginn@gmail.com

Randy Zabukovec

Certified Exercise Physiologist
613-484-2712

rzabukovec@sl.on.ca

Scott McAllister

Physiotherapy Kingston/Kinesiologists Direct Inc.
Toll Free: 866-465-4090 ext. 104

smcallister@kinesiologistsdirect.com

Additional Resources



Exercise Is Medicine Canada

Check out the Exercise Is Medicine Canada website for physical activity guidelines and resources.

www.exerciseismedicine.ca



Kingston Gets Active

Visit their site for physical activity information, specific to Kingston. Want to find places outside of the gym? Click "Places" to view an interactive map to find locations for various physical activities. Even free or low- cost activities!

www.KingstonGetsActive.ca

The Canadian Physical Activity Guidelines



Physical Activity Guidelines recommend that children and young adults get a minimum of 60 minutes of moderate- to vigorous-intensity exercise every day in order to live healthier lives and develop strong bones and muscles.

Follow some of these tips to help achieve the recommended 60 minutes of daily physical activity:

- Reduce the time spent in front of televisions, computers and video games
- Encourage participation in intramural sports or activities after school
- Learn about different outdoor spaces, parks and playgrounds for fun activities
- Promote active forms of transportation like walking or riding a bike to and from school



Exercise Vocabulary

- **Moderate-intensity:** On a scale from 1 to 10 of your personal ability to exercise, moderate-intensity is usually a 5 or 6. You can talk, but not sing your favourite song and you're working hard enough to raise your heart rate.
- **Vigorous-intensity:** Vigorous-intensity is usually a 7 or 8. You will not be able to say more than a few words without pausing for a breath.
- **Moderate-to-Vigorous-intensity:** A combination of moderate and vigorous intensity activity-this is what you're aiming for!



The Parent/Caregiver Role in the Child's Exercise Rx



Some Tips for Increasing Your Child's Physical Activity Levels

As a parent/caregiver of a child, it is crucial to recognize the importance of your role in promoting and encouraging physical activity and exercise. A child is more likely to participate in physical activity if the types of activity involve playing games or other activities that are considered fun to the child. The focus of the exercise should be on having fun in a manner that engages full-body movements, and raising the heart rate.

STEP 1: Set aside time each day to encourage your child to be active or exercise with your child.

Scheduling exercise into your daily routine makes it a priority and increases the chances of your child achieving their exercise goals. It can also be helpful to get equipment ready ahead of time. Ensure they have comfortable running shoes (good support), and clothes they can move easily in.

STEP 2: Choose aerobic exercise activities that your child enjoys.

Let your child pick something they will get excited to participate in! Aim to exercise at a moderate intensity-this means working hard enough to raise your heart rate and break a sweat, but still be able to carry on a conversation. Playing in the park, bicycling, throwing a football, playing soccer, building a snow-fort/snowman and tobogganing are all great choices.

STEP 3: Slowly increase the time spent exercising.

Each week, add 5 minutes to your child's exercise/playtime until you reach 60 minutes of moderate-intensity for a minimum of 5 days a week.

STEP 4: Use the attached physical activity log to record your fun!

Your child can do many of the activities listed in the ParticipACTION Physical Activity Guide (next page) on their own, with friends, or you. Let them track their fun activities and see how many different fun activities can be played in one week!



Adapted from Exercise is Medicine® Health Care Providers' Action Guide



The ParticipACTION Physical Activity Guide



ACTIVE WAYS TO PLAY!

Hey, kids, this is your free time, and your only job is to make it active and to have fun. Here are some ideas to get you started, but we think you can come up with even more ideas on your own. Pick an activity that you love or try a new one. Don't forget to track how much time you spend doing your activity each week. See if you can beat your weekly total. Now turn off the TV and all your electronic toys and get ready, get set, PLAY!

G-O Great muscle-strengthening activity

B-O Great bone-strengthening activity

GAMES, GAMES, GAMES!

Kids have been playing games since prehistoric times. Round up some friends or try to beat your own time at individual activities.

CLASSIC GAMES

These games require very little or no equipment.

- Tug of war or stick pull **G-O**
- Red light green light
- What time is it, Mr. Wolf?
- Hide and seek or sardines
- Jumping jack tag
- Red rover
- Crab soccer
- Capture the flag
- Kick the can
- Jump rope **B-O**

GAMES WITH BALLS

- Kickball
- Shoot hoops at the local schoolyard **G-O B-O**
- Four square
- SPUD
- Pick-up softball/baseball
- Hacky Sack
- Wall ball

FUN STUFF TO DO

All these activities require very little or no equipment, making them a low-cost option.

- Throw a dance party
- Climb a tree **G-O**
- Make an obstacle course
- Go tobogganing
- Play on the playground equipment **G-O**
- Roll down a hill like a log, run up the hill and do it again
- Build snow hurdles and time your run **G-O**
- Fly a kite
- Try active gaming
- Get on your bike and go
- Play hopscotch **B-O**
- Rake a massive leaf pile and jump in
- Host a hula hoop contest
- Set up a Frisbee golf course in your local park
- Run through the sprinkler
- Walk the dog
- Go on a squirrel safari
- Set up a lawn or snow bowling pitch
- Plan a mini Olympics – set up 5-10 fun summer or winter sports and challenge your friends

TRY A NEW SPORT

Most communities have parks, pools and playgrounds where you can give a new sport a try. If there is no organized program, gather up some other kids and make your own fun.

- Swimming **G-O**
- Tennis **G-O B-O**
- Shinny or field hockey
- Soccer **B-O G-O**
- Volleyball **G-O B-O**
- Martial arts (e.g. karate)
- Handball
- Ultimate Frisbee
- Yoga
- Lacrosse
- Cricket
- Skiing/snowboarding
- BMX or mountain biking
- Cultural dances
- Rock climbing **G-O**
- Football
- Gymnastics **B-O G-O**

GET YOURSELF TO WHERE YOU WANT TO GO

Coming home from school? Meeting friends? Walk, bike, scooter, wheel, skip or run. It all counts as physical activity!

The ParticipACTION Physical Activity Log



GET PUMPED

There is more than one kind of physical activity.
Some are more intense than others.

If you do very little, with practically no physical movement, that makes you...

SEDENTARY

If you do stuff that doesn't make you sweat or get out of breath, then your activity intensity level is...

LIGHT

If your heart is pounding but you can still talk, your activity is...

MODERATE

If you are so out of breath that you can't finish a sentence, then the exercise you are doing is...

VIGOROUS

LET'S MAKE THE GRADE

Moderate- to Vigorous-Intensity Physical Activity (MVPA)

At least 60 minutes of MVPA daily for at least six days a week. More is even better.

A

WOW YOU TOTALLY ROCK!!!

60 minutes of MVPA daily for at least five days a week.

B

YOU KNOW IT'S FUN TO MOVE AROUND AND DO STUFF. WHY STOP SHORT?

60 minutes of MVPA daily for at least four days a week.

C

YOU ARE A HALFWAY ACTIVE SORT OF A KID.

60 minutes of MVPA daily for at least two days a week.

D

SO YOU KNOW HOW TO MOVE... WHY NOT TRY OUT SOMETHING NEW?

Less than 60 minutes of MVPA daily.

F

HOLY COW! DO YOU REALIZE THAT YOU'VE BASICALLY DONE NOTHING ALL WEEK?



(DON'T) WATCH THOSE SCREENS! IF YOU SPEND MORE THAN TWO HOURS DAILY OF SCREEN TIME, DROP YOURSELF DOWN A GRADE LEVEL.