

Be Active and Stay Healthy



Dear Parents,

Physical activity is very important. An adequate amount of physical activity not only promotes the physiological and psychological development of children and nurtures their social skills but is also good for weight control.

Recommendations on physical activity

Any activity that consumes energy and involves bone and muscle movements can be regarded as physical activity. Here below are some recommendations on physical activity for children:

1. Accumulate at least 180 minutes of physical activity (which can be split into several bouts) daily; and
2. Engage in physical activity of different types and intensity levels everyday.

Intensity level	Physiological characteristics	Common examples
low	- normal pulse rate and respiratory rate - can talk as normal	walking in a leisurely pace; playing with toys; getting dressed
moderate	- slight increase in pulse rate and respiratory rate - can talk with short phrases or single words	brisk walking; cycling; playing on slides; swings
vigorous	- obvious increase in pulse rate and respiratory rate - speech greatly impaired	running/jogging; rope skipping; playing football; swimming; dancing

Advantages of physical activity for young children

Physiological	Psychological	Social skills
- promotes muscle and bone growth - strengthens cardiopulmonary endurance - strengthens immunity - promotes development of motor skills	- builds confidence - trains sportsmanship - trains willpower and perseverance - trains emotion management	- enhances communication and oratory skills - trains thinking, creativity and imagination - gives children a sense of responsibility - trains discipline and reminds children to respect others

Physical activity can bring enormous benefits to children indeed. If you can exercise with your children, it can even promote parent-child relationship. Starting from today, help your children to accumulate at least 180 minutes of physical activity each day for building a healthy lifestyle.



Best Regards,
Sporty Bunny





Kids,
please connect
Sporty Bunny and
its shadow!

