

Incorporate

Activity Physical into Daily Life

Dear Parents,

Do you still remember my advice on physical activity for young children?
Let me remind you:

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.

Do you think that it's difficult for your kids to attain 180 minutes or above of physical activity each day? In fact, many daily activities are considered physical activity too, like dressing, bathing, playing, and so on. Here is a golden rule for you: incorporate physical activity into their daily life. Let's see how this can be achieved:

Morning

- let your kids perform personal care themselves, such as brushing their teeth and wiping their face
- do morning exercise with your kids together
- make your kids dress themselves and put on their own shoes

Afternoon

- take your kids to the park after school for them to play freely
- ask your kids to tidy up their toys
- ask your kids to help with simple house chores

Evening

- ask your kids to set the table and arrange the dining utensils
- go out for a walk with your kids after dinner
- make your kids pack their own schoolbags

Holiday

- take your kids to the countryside
- take part in sports with kids together, e.g. ball games, swimming, cycling, etc.

There are a lot of other examples to incorporate physical activity in daily life, e.g. use the pram less; use the stairs instead of lifts etc. Since physical activity, regardless of type and intensity, can be accumulated from bouts, it's absolutely possible to accumulate at least 180 minutes of physical activity per day. Parents can arrange different types of physical activity for your kids in accordance with your own household routine.



Best Regards,
Sporty Bunny





Kids,
Please colour the
white areas.