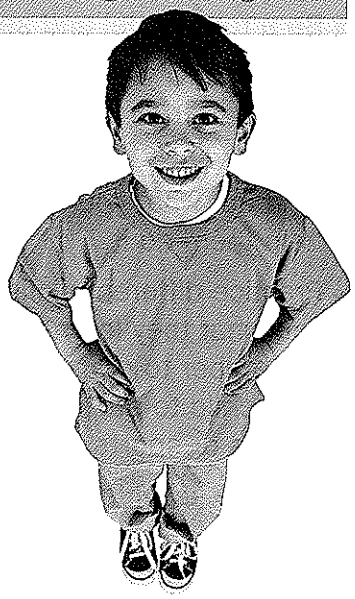
Your child needs to be active every day.



Getting at least 1 hour of activity every day will help your child grow up healthy. An active child:

» Does better in school

» Does better at solving problems and thinking creatively

» Feels better about themselves

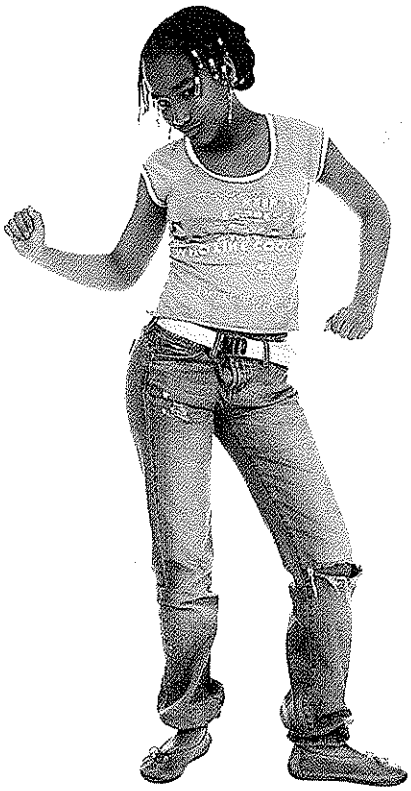
» Gets along better with other kids

» Has more confidence when playing games and sports

» Sleeps better at night

» Has a healthy weight

» Grows strong bones and muscles



It's important for your child to be active for at least 1 hour daily.

Children need to be active for an hour every day. They should do activities that make their hearts beat faster, breathe a little harder and make their bones and muscles stronger.

For that hour, there are lots of activities that keep their heart rate up. This includes walking fast, jogging, bike riding, dancing and sports, like basketball or swimming or other games.

On at least 3 days per week, children should try activities that make their bones and muscles stronger. This might include jumping rope, pushups, playing on a jungle gym, using exercise bands or weight machines, different forms of martial arts, cheerleading or gymnastics, climbing trees or games like tug-of-war and hop-scotch.

Keep your child safe.

» Always provide proper sport and safety equipment for your child, such as helmets, elbow pads, and knee pads.

» Be a role model and set a positive example by wearing protective gear when you are active.

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You can help your child be more active.

It is important to make physical activity a daily part of your family's life. Try these tips:

» Be a role model and set a positive example. Children want to do what you do.

» Make activity a regular part of your family's daily routine. Take family walks after dinner, walk the family pet together, take weekend bike rides or play active games together.

» Find out what your child likes to do or would like to try and then help them do it.

» Practice different skills with your child. Have your child show you what they learned in school. Play together as a family and remember to praise their progress. Those good feelings will help your child to stick to that activity. It may even get them to try new games or sports.

» Choose activities and games that are right for your child's age and abilities. Take them to places where they can be active and try to provide them with toys, games and equipment that will help keep them active.

» Turn off the computer/TV/portable electronics or allow only one hour of screen time each day

» If it's safe, let your child walk or bike to school.

» Keep it fun! Encourage your child to play sports or games with friends, like tag or dodgeball.

All children, regardless of ability, should enjoy the benefits of being active.

It is important for children of all abilities to be active daily. Check with your doctor or nurse for personalized advice.

Try these resources for more ideas, including adapted physical activity opportunities:

» Check your local library, YMCA or local recreation department in your town.

» Call your local school district and talk to your school's adapted physical education teachers.

» Check the National Center for Physical Activity and Disability's Program Directory at **www.ncpad.org** for more adapted physical activity resources in your area.

» Go to **Mass.gov/MassInMotion** for more information.

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Help your kids eat healthy at home.

Choose foods with lower fat.

Choose foods with less sugar.

Nutrition Facts
Serving Size 1 Bar (85g)
Servings Per Container 4

Amount Per Serving	
Calories 170	Calories from Fat 50
	% Daily Value*
Total Fat 6g	9%
Saturated Fat 4g	19%
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 1g	
Cholesterol 13mg	4%
Sodium 83mg	3%
Total Carbohydrate 33g	11%
Dietary Fiber 4g	16%
Sugar 25g	
Protein 3g	
Vitamin A 110% •	Vitamin C 2%
Calcium 10% •	Iron 3%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

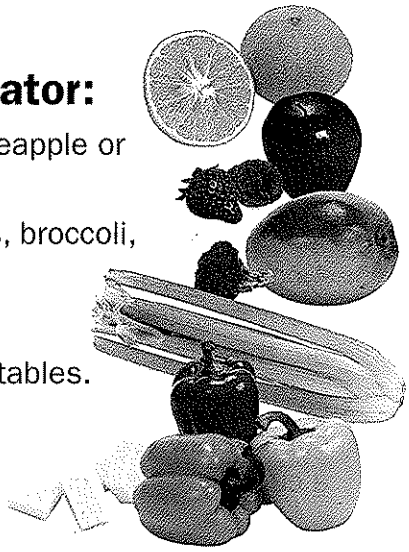
When you go food shopping, read the label. Choose healthy foods.

» Choose 100% whole grain breads. The first ingredient on the label should start with "whole," like "whole wheat flour."

» Choose cereals that are low in sugar and made from whole grains. Read the label and look for rolled oats, whole wheat, brown rice, rye, barley, triticale or buckwheat. A cereal could be made from one or all of these grains. Oatmeal is a good choice.

» Choose chicken and fish instead of beef.

For healthy snacking, keep these foods in the refrigerator:



» A bowl of fruit. Try slices of apple, fresh berries, orange slices, or cut up pineapple or mango. Keep the bowl covered with plastic wrap to keep the fruit fresh.

» A bowl of fresh vegetables. Try cucumber sticks, carrots sticks, celery sticks, broccoli, slices of red pepper and green pepper, or slices of zucchini.

» Slices or chunks of low-fat cheese.

» Non-fat or low-fat yogurt. It's good alone or used as a dip for fruits and vegetables.

» Non-fat or low-fat milk. It's healthier than juice.

Do these simple things to make each meal healthier:

» Add 1 to 2 slices of low fat cheese to a sandwich.

» Serve low-fat milk or soy milk with meals.

» Make meals that have more vegetables and beans and less meat.

» Broil, bake, grill or steam your food.

Other easy tips for healthy eating:

» Give kids water to drink during snack time and when they're thirsty. Serve milk with meals.

» Serve a healthy breakfast, such as whole grain cereal or toast, along with fruit and milk.

» Turn off the TV during meals and enjoy your meals together.

» Remember that kids will do what you do. If you make healthy choices, they will too!

» Go to **www.mass.gov/MassInMotion** to find more tips on healthy eating.

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Give your kids the right amount of food.

How much a child should eat depends on their age. This chart shows how much children should eat each day based on how old they are:

Food	6-10 years old	11 to 13 years old	14 to 18 years old
Fruits	1 to 1½ cups	1½ to 2 cups	1½ to 2 cups
Vegetables	1½ to 2 cups	2 to 2½ cups	2½ to 3 cups
Grains	5 to 6 ounces	6 to 7 ounces	6 to 7 ounces
Dairy: low or non-fat	2 to 3 cups	3 cups	3 cups
Lean meats, fish, chicken, beans, legumes or eggs	4 to 5 ounces	5 to 6 ounces	5 to 6 ounces

How much is a cup of fruits or vegetables?

» A cup is about the size of a baseball. Many oranges, apples and peaches are this size.

» For vegetables, it's good to remember that two cups of raw vegetables will cook down to about a cup.

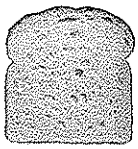
How much is a cup of dairy?

One cup of dairy equals:

» 1 cup of low fat or non-fat milk or yogurt – the size of a baseball

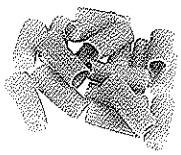
» 1½ ounces of cheese – 4 dice-sized pieces

What foods have an ounce of grain?



» 1 slice of whole grain bread

» ½ cup whole grain or enriched pasta or rice (You can tell it's enriched because it will say "enriched" on the front of the box or bag.)

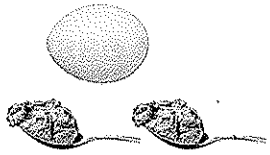


» 1 cup of whole grain cold cereal or ½ cup enriched cooked cereal

How much is an ounce of meat and other protein?

» 3 ounces of meat or fish is as big as a deck of playing cards.

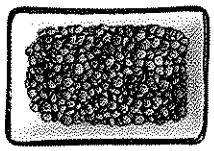
Instead of meat, you can also feed your child:



» 1 egg

» 1-2 tablespoons peanut butter

» ¼ cup cooked lentils or beans, navy beans or kidney beans



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