



HEALTHY SCHOOLS

1005 Ouellette Avenue, Windsor, Ontario N9A 4J8
www.wechu.org | 519-258-2146 ext. 1555

Promoting Physical Activity at Home

How much physical activity does my child need?

The Canadian Physical Activity Guidelines (CPAG) were developed to provide recommendations on how much activity is required for different age groups. Children 3 to 4 years of age need 180 minutes of physical activity throughout the day with at least 60 minutes being energetic play. Those aged 5-17 years old require 60 minutes a day in moderate to vigorous aerobic physical activity and 3 days a week on muscle and bone strengthening activities.

**Moderate physical activity makes you sweat a little and breathe harder.*

**Vigorous physical activity makes you sweat more and be out of breath.*

How can physical activity benefit my children?

In addition to promoting growth and development, regular physical activity can:

- Promote bone health
- Promote cardiovascular health
- Help to maintain a healthy body weight
- Increase self-esteem and mood

Sedentary levels may be high in school-aged children and youth since a majority of the school day can be spent sitting. Sitting down for homework and transport time to and from school can also add to the amount of time being physically inactive.

What can I do to keep my children active at home?

Physical activity can look different for every child. Remember to:

1. **Choose the right activity for your child.** Ask them what they would like to do, or what they are most interested in. Download this [Play Package](#) for activity ideas using little to no equipment at home.
2. **Keep it fun.** Mix things up throughout the week so that you are not repeating the same activities.
3. **Make sure there are plenty of opportunities to be active.** Being physically active doesn't mean that equipment is needed. Encourage active travel to school, time spent playing outdoors after school, or indoor activities when the weather calls for it. Encourage active breaks during the day when they are learning from home.

For more information on keeping your child active, visit the following sites:

[WECHU-Healthy at Home Physical Activity](#)

[Unlock Food](#)