An Hour a Day to Play

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Title
Run and Hike, Play and Bike: What is Physical Activity?

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Summary
What is physical activity? Moving your body in a way that uses energy—playing soccer, dancing, throwing a Frisbee, and much more. Brian P. Cleary's goofy verse and Martin Goneau's humorous illustrations give young readers a whole playground of activities and highlight some of the health benefits of exercise. Examples of physical activity are printed in color for easy identification. Enjoy this energy booster of a book!

To borrow a free copy, visit the Public Library of Cincinnati and Hamilton County to find a library branch near you at http://www.cincinнатilibrary.org/. This book is also available in stores and online.
Benefits of Physical Activity
It has been shown that through daily activity and play, children are more likely to be at a healthy weight and remain a healthy weight as they get older. Group activities encourage development of social and motor skills through coordination and team games. Children who are more active feel better about themselves and are overall happier.

Recommendations
The National Association of Sports and Physical Activity recommend children ages 1 to 3 get at least 30 minutes of structured activity and at least 60 minutes of unstructured physical activity each day while children ages 3 to 5 get at least 60 minutes of both structured and unstructured physical activity each day.

*Structured physical activity is any kind of teacher/adult led game or activity. Unstructured physical activity is child’s free play both indoors and outdoors.

What You Can Do
Parents can follow these tips for creating an active home environment:
1. Participate and play with your child and find ways to involve your child in household chores; such as folding the laundry, setting up the dinner table, dusting, etc.
2. Make walking fun by leading scavenger hunts, nature hikes, eye-spy and other interactive games.
3. Create limitations for the family on screen time and encourage your child to engage in physical activity and play at every opportunity.

For more information on An Hour a Day to Play:

Adapted from: Columbus Public Health—Healthy Children, Healthy Weights Program
Family Walks
Go for a walk around your neighborhood as a family. Map out your route ahead of time to set a walking goal and aim for at least 30 minutes. Take the family dog, dress appropriately, leave the electronics behind, and head out the door. Ask your child about his/her day, tell them about your day, and talk about what you are seeing on your walk. Make up stories about the houses you see or buildings you pass on your walk to make it even more fun; encourage your child to use his/her imagination!

Play Tag
Play a game of tag in the yard. Switch it up and try different varieties such as freeze tag, clothespin tag, hide-and-seek, kick the can, etc. Make up your own family rules for a new creative twist. Visit the Ultimate Camp Resource website at: http://www.ultimatecampresource.com/site/camp-activities/tag-games.page-1.html for a list of great ideas.
wiki (fast) rice

Ingredients

1 tablespoon canola oil
1 tablespoon fresh garlic, minced (about 3 cloves) (or 1 teaspoon garlic powder)
1 teaspoon fresh ginger, minced (or 1/4 teaspoon dried)
1 tablespoon scallions (green onions), rinsed and minced
1/2 cup canned sliced water chestnuts, drained
2 cups cooked mixed vegetables (or 1/2 bag frozen stir-fry vegetable mix)
2 cups cooked brown rice
1 tablespoon lite soy sauce
1 teaspoon sesame oil

1. Heat canola oil in a large wok or sauté pan over medium heat. Add garlic, ginger, and scallions, and cook until fragrant, about 1 minute.

2. Add water chestnuts, and continue to cook until they begin to soften, another 1–2 minutes.

3. Add vegetables, and toss until heated through, about 2–3 minutes (or up to 5 minutes for frozen vegetables).

4. Add rice, and continue to cook until hot, about 3–5 minutes.

5. Add soy sauce and sesame oil. Toss well, and serve.

Yield 4 servings, Serving Size about 1 cup rice and vegetables, Calories 179, Total Fat 6 g, Saturated Fat 1 g, Cholesterol 0 mg, Sodium 113 mg, Total Fiber 2 g, Protein 4 g, Carbohydrates 29 g, Potassium 88 mg

http://wecan.nhlbi.nih.gov
Ingredients
2 cups shredded romaine lettuce
1 cup red or green seedless grapes, each grape cut in half
1 cup chopped cooked chicken breast, cold
1/3 cup crispy chow mein noodles
1/3 cup shredded carrots
2 tablespoons sliced green onions
4 tablespoons light Oriental salad dressing
2 whole wheat pita pockets, each cut in half

Preparation
1. Combine romaine lettuce, grapes, chicken, chow mein noodles, carrots, and green onions in a medium bowl. Mix well with a large spoon.
2. Add dressing to bowl. Mix until ingredients are coated with dressing.
3. Spoon about 1 cup of mixture into each pita pocket half. Serve.

Makes 4 servings. One serving equals 1 pita half.

Preparation time: 15 minutes

Power Play: Keep your body strong and healthy by being active every day. Check with your local Parks and Recreation Department for fun classes like kickboxing.
An Hour a Day to Play!

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Here are some physical activities that you can do with your children...

**ACTIVITIES FOR TODDLERS AND PRESCHOOLERS:**

- Play games like Ring Around the Rosy or Hide and Seek.
- Throw, kick or roll balls back and forth.
- Do chores together, like sorting socks, vacuuming and sweeping.
- Take a walk outside to spot different things, like flowers, buses, and bikes.
- Take a walk to a store or playground.
- Turn on music and have a dance party.
- When going out, choose places where you can walk, like parks, farmers markets, community gardens or the zoo.

**Activities for Infants**

- Play the Hokey Pokey moving their arms and legs
- Make sure they get tummy time to build strength
- Work on balance by holding hands as they stand or walk