

THE 5-TO-1 ON PHYSICAL ACTIVITY

5 Health Benefits of Regular Physical Activity

1. Stimulates the growth and development of bones and muscles
2. Improves heart health
3. Increases focus and alertness
4. Improves mental health and mood through releasing endorphins
5. Decreases negative behaviors/acting out and improves children's ability to learn



4 Tips to Increase Physical Activity

1. Make physical activity a regular, scheduled part of each day
2. Reduce or eliminate screen time
3. Utilize active transitions to get a small dose of physical activity
4. Never use physical activity time as a reward or punishment

3 Notes on Success

1. Every center, agency, and location is unique; what works for one may not work for another
2. Utilize a variety of activities and active transitions to get children active in different ways
3. Keep trying! The way to come up with what works best in your center is trial and error



2 Definitions

1. Physical activity is a broad term encompassing many types and intensities of activity
2. Exercise is a planned and structured type of physical activity meant to reach set training goals

1 Key Message

All exercise is physical activity, but not all physical activity has to be exercise