

## Physical Activity

Being active helps to keep us at a healthy weight. It also builds strong bones, and decreases our risk of getting diabetes and heart disease.

### Babies: Birth to 1 year

- Baby should only be in infant seat for short periods of time.
- Place baby on tummy on blanket with toys. Let the baby lift her head and kick her legs.

### Children: 1 to 3 years

- 30 minutes of play with your child each day
- 60 minutes of free play each day
- Kids less than 2 years old should not watch any TV

### Children: 4 to 17 years

- 60 minutes of physical activity each day

### Adults

- 2 and a half hours of moderate activity weekly.

### Play with your kids

- Play in the sandbox together
- Chase each other with the water hose
- Play games: ring around the rosie, duck, duck, goose, green light, red light, hide and seek
- Dance together
- Take a walk together as a family
- Rake leaves and jump in them!
- Go sledding or ice skating
- Shovel snow

Limit screen time to less than 2 hours each day. Screen time is the time your child spends in front of the TV, computer, or playing video games. Your child is less active when sitting and watching TV. Limiting screen time encourages your child to be more active and can prevent your child from becoming overweight.

**Check out the Milwaukee Recreation Guide [www.milwaukeeerecreation.net](http://www.milwaukeeerecreation.net) to find low-cost programs to keep your family active.**

### Sources:

- WI Dept. of Health Services Div of Public Health, P-00167
- WI Dept. of Health Services Div of Public Health, P-00172
- Office of Disease Prevention & Health Promotion, U.S. Department of Health and Human Services. 2008 Physical Activity Guidelines for Americans