

Health In Progress

Lesson 27

Daily Activity



QUESTION 27:

The U.S. Department of Health and Human Services recommended length of daily activity for children and adolescents is:

- a. 15 minutes
- b. 30 minutes
- c. 45 minutes
- d. 60 minutes (one hour)

ANSWER d. 60 minutes (one hour)

1. **Children should focus on participating in some sort of physical activity on a regular and daily basis.** Consistent activity is more important than the intensity of the activity. Activity levels tend to decline in the adolescent years especially for girls. Decreasing the amount of time spent in sedentary behaviors, such as watching television, talking on the telephone, playing computer or video games, especially in the late afternoon and early evening, will translate into more accumulated daily activity.

Positive benefits of regular exercise are the following:

- * maintenance of appropriate weight
- * increased energy
- * improved sense of well-being, and self-esteem.

2. **Identify ways to incorporate increased physical activity into the activities of daily life.**

Suggestions for increasing physical activity can include:

- * walking or bicycling for transportation
- * taking the stairs whenever possible
- * getting off the bus a stop earlier
- * taking walks with friends rather than talking on the telephone
- * walking at least one lap of the mall before shopping

3. When neighborhood safety and bad weather are barriers, **there are lots of activities that can be done indoors** include exercising to videos and dancing to popular music.

ACTIVITY: Plan a physically active activity for you and your friends (rather than a sedentary activity) such as dancing, skating, and swimming.

TIP: It is okay to enjoy a favorite TV show try stretching, doing sit ups or using a stationary bike while you watch!