



Healthy Choices Count!

JUNE

FAMILY PHYSICAL ACTIVITY

#HealthyChoicesCount



IOWA | Health and Human Services

FIND MORE 5-2-1-0 RESOURCES:
www.iowaHealthiestState.com/5210



DID YOU KNOW?

Adults should get at least 150 minutes of moderate intensity physical activity a week and children ages 6-17 should aim for 60 minutes of moderate to vigorous physical activity daily. Getting the right amount of physical activity improves stress management, mental health, energy level, and physical health among many other things!

STRATEGY 4:

Provide opportunities to get physical activity every day.

- Do you provide an opportunity for your children to be physically active every day?
- Do you prohibit withholding physical activity as punishment?



STAY PHYSICALLY ACTIVE AS A FAMILY

[American Heart Association - How to Get Your Family Active](#)

[Let's Move - Make Physical Activity a Part of Your Family's Routine](#)

[Association of Applied Sports Physiology - Family Activity](#)

[CDC - Supporting Family and Community Engagement in Physical Activity](#)

[MedExoress - Fun Ways to Stay Active as a Family](#)

[Travel Iowa - 99 Counties, 99 Parks Family Fun](#)

[5-2-1-0 - Move an Hour Everyday!](#)

[5-2-1-0 - Tips and Games to Get Moving](#)

