



1 Hour or More of Physical Activity a Day

The 5-4-3-2-1 Go! message was developed by the Consortium to Lower Obesity in Chicago Children (CLOCC) at Children's Memorial Hospital. The message is focused on 5 healthy lifestyle behaviors to help children and their families be more healthy.

5-4-3-2-1 Go! promotes:

- *5 servings of fruits and vegetables a day*
- *4 servings of water a day*
- *3 servings of low-fat dairy a day*
- *2 hours or less of screen time (TV, video games) a day*
- *1 hour or more of physical activity a day*

This message was developed with the 3-5 year old child in mind, but is a healthy message for the entire family.

Benefits of Regular Physical Activity

There are many benefits to exercising every day.

- Reduces risk for:
 - Heart attack
 - Colon cancer
 - Diabetes
 - High blood pressure
- Associated with fewer:
 - Hospitalizations
 - Physicians visits
 - Medications
- Helps control weight
- Contributes to health bones, muscles and joints
- Reduces symptoms of anxiety and depression
- For kids
 - Physical Activity = PLAY! Having fun, being with friends and moving

How Much Physical Activity Do You Need?

For children ages 5-12 → at least 60 minutes per day on most, if not all, days of the week

-Not expected that children will engage in physical activity non-stop for 60 minutes

-It is likely that they will have frequent rest periods

-Thus, 60 minutes is the minimum, and bouts of activity over several hours is recommended

For adults → at least 30 minutes



What Counts?

- Moderate Physical Activity
 - Breathing and heart rate is noticeable faster but you can still carry on a conversation
- Vigorous Physical Activity
 - Breathing too hard and fast to have a conversation

Moderate Physical Activity

Examples:

- Brisk walking
- Swimming
- Cycling
- Yard work/gardening
- Dancing
- Housework (sweeping, mopping)

Vigorous Physical Activity

Examples:

- Jogging/running
- Lap swimming
- Cycling
- Aerobic dance
- Skating
- Jumping rope
- Hiking
- Racquet sports
- Competitive group sports

How to Help Your Child

So once you're active, how do you get your child to be active too?

Children tend to mimic their parents, so **it pays to be a good role model**. Not only can you be a great role model for your child, but you can get them in the habit of being physically active early.

Encourage them when they show interest in sports or active games like jump rope, hop scotch or tag. Turning on the TV is an easy way to keep them out of your hair, but too much screen time can not only impact their attention span and test scores, it's also a major factor in the rising levels of obesity.

Consider TV to be a reward, not a norm – if they've already done their chores, finished their homework and been very physically active, then they can watch their favorite program.

We all talk about quality time with our children - Make that quality time be active too.

- Play with your kids, or take a family walk
- Take a soccer ball or football with you to the park
- Enroll your kids in after-school programs have sports or active games in your neighborhood.
- Check with the Park District, YMCA or other local agency to see what summer programs they offer

Adapted from the Consortium to Lower Obesity in Chicago Children (CLOCC) at Children's Memorial Hospital, 5-4-3-2-1 Go
<http://www.clocc.net/partners/54321Go/1%20Hour%20or%20more%20a%20day%20Script.pdf>

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