

## Families Making the Connection

### Move More, Sit Less

Being active is one of the most important things all of us can do to improve health. The *Physical Activity Guidelines for Americans* have been updated to encourage us to move more and sit less. How can we do this?

#### Preschool children (3-5 years of age)

- Should be physically active throughout the day to enhance growth and development
- Adult caregivers of preschool-aged children should encourage active play that includes a variety of activity types.

#### School-age children (6-17 years of age)

- Should do 60 min/day of moderate to vigorous intensity aerobic activity
- Should include bone and muscle-strengthening activities 3 days/week
- Young people should have opportunities and encouragement to do activities that are age-appropriate, enjoyable, and varied.

#### Adults

- Should do at least 150-300 min/week of moderate OR 75 to 150 min/week of vigorous aerobic activity OR a combination
- Should do muscle-strengthening activities 2 or more days/week



#### Examples of activity

- Aerobic: Improves cardiorespiratory fitness (i.e., brisk walking, running, or bicycling)
- Bone-strengthening: Promotes bone growth and strength (i.e., jumping rope or running)
- Muscle-strengthening: Improves muscle strength, power and endurance (i.e., resistance training or weight lifting)

For more info, go to <https://bit.ly/2T9GK3V>.

# Breakfast Menu for July 2019

D.C. Virgo

Monday, July 1	Tuesday, July 2	Wednesday, July 3	Thursday, July 4	Friday, July 5
				
Monday, July 15	Tuesday, July 16	Wednesday, July 17	Thursday, July 18	Friday, July 19
<b>WELCOME</b>	<b>BACK</b>	Mini French Toast Diced Pears Juice Milk	Pancake Sausage Stick Fresh Fruit Juice Milk	Cereal Applesauce Juice
Monday, July 22	Tuesday, July 23	Wednesday, July 24	Thursday, July 25	Friday, July 26
Breakfast Pizza Diced Peaches Juice Milk	Mini Pancakes Fresh Fruit Juice Milk	Pancake Sausage Stick Mixed Fruit Juice Milk	Chicken Biscuit Fresh Fruit Juice Milk	Cereal Diced Pears Juice Milk
Monday, July 29	Tuesday, July 30	Wednesday, July 31		
Breakfast Pizza Applesauce Juice Milk	Mini Pancakes Fresh Fruit Juice Milk	Peach Yogurt Parfait Mixed Fruit Juice Milk		

## July

- National Parks and Recreation Month
- National Watermelon Month



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