

DID YOU KNOW...

Children and teens should be active for at least 60 minutes per day?

-  53% of high school students... report being physically active for a total of at least 60 minutes per day
-  55% of middle school students... on five or more of the past seven days.

2021 HKCS Data

SHARE A BOOK

A simple way to teach children the importance of healthy habits and nutrition is through books.

- Check out our [Physical Activity Book List](#).

PHYSICAL ACTIVITY AND THE BRAIN

Impacts on Mental Health

- Improves self esteem
- Decreases anxiety and depression
- Improves coping skills
- Increases feelings of happiness
- Promotes self-regulation

Impacts on Academic Performance

- Improves academic achievement
- Increases attention and focus
- Improves memory
- Promotes positive classroom behavior
- Increases problem solving skills

FAMILY PHYSICAL ACTIVITY CALENDAR

Help your children establish healthy lifelong habits by exercising and encouraging physical activity.

By exercising as a family you:

- Increase Bonding Time
- Lead by Example
- Enhance Emotional Wellbeing
- Promote Physical Health

Jeffco Family Physical Activity Challenge

Is there a special occasion this month? Celebrate birthdays or anniversaries with something active such as a hike, volleyball game, or a Frisbee match.



Day 1 WEEKLY FAMILY CHALLENGE: Who can do the most jumping jacks in 30 seconds? Can you beat your record by the end of the week?	Day 2 Partner Challenge: Sit back to back with someone in your family. Link your arms together and try to stand up without unlinking them.	Day 3 Take the Stairs Tuesday: Commit to taking the stairs whenever possible. Are there stairs you can run/walk as a family?	Day 4 Sock Ball Challenge: Ball up a pair of socks. Create challenges using the sock, i.e.: Throw the sock up, then kick, clap and catch it.	Day 5 Tag, You're It! Play a game of tag. When you get tagged, do 10 jumping jacks.	Day 6 Commercial Break! When watching tv, get up and move during commercials. Think jumping jacks, running in place, etc.	Day 7 Video Movement Break! Challenge Me
Day 8 WEEKLY FAMILY CHALLENGE: Push ups! Start with 5 today and increase each day. How many can you do by the end of the week?	Day 9 Scavenger Hunt: Go for a walk looking for items in your neighborhood. Use this resource as a guide.	Day 10 Go Bowling! Create your own bowling pins and course, using empty water bottles or plastic cups. Grab a ball and start rolling to knock over the "pins"!	Day 11 Aerobics! Try doing 10 each of the following activities: jumping jacks, squats, lunges, sit ups, push ups.	Day 12 Hide and Seek: Play a few games of hide and seek! Who can find the best hiding spot?	Day 13 Active Charades: Act out different sports/activities and have your family guess what you're acting out.	Day 14 Video Movement Break! At Home Yoga with Dave Duro
Day 15 WEEKLY FAMILY CHALLENGE: Wall sits. Who can "sit" with their back against the wall the longest? Try this as a family each day.	Day 16 Family Walk: Before or after dinner head out as a family to walk around the neighborhood. Aim to walk for at least 15 minutes to begin.	Day 17 Keep in Going: How many times can you throw a ball (or sock ball) back and forth with a partner? How long can you keep a balloon in the air?	Day 18 Obstacle Course! Find items around your house to create an obstacle course. Check out this video for ideas.	Day 19 Full body rock, paper, scissors. Rock-curl into a ball. Scissors-stand with legs and arms apart. Paper-stand with feet/arms together. Best of 3 wins!	Day 20 Extra Steps: Park farther away and count the number of steps from the car to your destination. Write it down and see if you can park even farther away on your next stop.	Day 21 Video Movement Break! Party Freeze Dance
Day 21 WEEKLY FAMILY CHALLENGE: Who can hold a plank the longest? Try this as a family each day. Can you hold the position longer by day 27?	Day 22 Family Fun Day: Head out to the park, go swimming or go biking as a family.	Day 23 Crank The Music and Boogie Down: Try turning off the lights and using a flashlight as a strobe light.	Day 24 Play Ball! Grab any ball you have around the house and play! Kickball, baseball, football, basketball, volleyball, etc.	Day 25 Limbo! Use a jump rope, pole or even some string or yarn to limbo under. Who can go the lowest?	Day 26 Crab Clean Up: Tidy up while walking like a crab! Carry items on your belly across the room to put them away.	Day 27 Video Movement Break! Learn More Video Game Workout for Kids!
Day 28 No Hands! Pick up a ball from the floor without using your hands. Are you able to put it in a bowl or other container?	Day 29 Wake and Shake: When you wake up in the morning, shake your body for 10 seconds. Then jump up and down 10 times.	Day 30 Simon Says: Choose one person to be "Simon" and everyone else has to do what Simon says, but only when he/she says "Simon Says" first.	TIP: Aim for 30-60 minutes of activity daily. If you don't have 30-60 minute blocks of time, break up activity into smaller blocks of time.	TIP: Boost energy levels by making activities a competition. Or set individual challenges, trying to beat your best record!	Share pics of your family being active via Facebook and/or Instagram @jeffcohealthyschools. Learn more about Jeffco Healthy Schools @ tinyurl.com/healthyschoolsjeffco	

[English](#) [Spanish](#)

ADDITIONAL RESOURCES

[VIDEO:](#) Boost the Brain with Physical Activity: 10 Facts all Families Should Know

[ARTICLE:](#) Get Moving: The Benefits of Exercise for Teen Mental Health

