



COLORADO STATE UNIVERSITY
EXTENSION

Family Matters

Improving Health Together

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Newsletter**

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Adding Fun Ways to Stay Active to Our Daily Lives

by Sheila Beckley, Family and Consumer Science Specialist, Weld County

Staying active is key to our health, but finding the time in our busy lives can be a challenge for us all. The good news is, we can sneak in physical activity throughout our day, even while tackling chores!



In this [video](#) *from the *Move Your Way*® Campaign, they share creative and fun ways to incorporate physical activity, like dancing to music, while sweeping, vacuuming, or doing squats while putting away freshly folded laundry. Let's make our daily errands more active! Try parking farther away, opt for the stairs over the elevator or escalator, and use a grocery basket instead of a cart. With simple tweaks like these, we can easily incorporate physical activity into our daily routines while getting things done!

**If you are reading a printed version of this newsletter, scan this QR code to watch the video.*



Benefits of Physical Activity

Being physically active can improve mood, increase concentration, reduce stress, and enhance the quality of our sleep. These benefits are true for both adults and children. Over time, exercise can reduce the risk of type 2 diabetes and certain cancers, keep blood pressure in check, and support a balanced weight, empowering us to thrive at every age and stage of life.

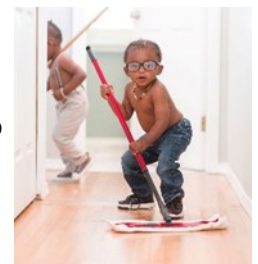
Physical Activity Goals

Adults should aim for 150 minutes of moderate-intensity aerobic activity weekly, along with muscle-strengthening exercises twice weekly. If you're up for a challenge, try vigorous-intensity aerobic activity for at least 75 minutes per week. How do you gauge your activity's intensity? If you're breathing harder but can still chat comfortably, it's moderate. If conversation requires short breaths, it's vigorous. Just remember to consult your healthcare provider before embarking on a new exercise routine.

For children aged 6 to 17, aim for 60 minutes of activity each day.

What counts as an activity?

Whether it's daily chores like vacuuming, walking the dog, or grocery shopping, or enjoyable activities like playing with your kids or grandkids, dancing, or gardening, everything counts. Whether you're doing it on your own or with family, there's always a way to get active that suits your daily schedule.



Helping families increase physical activity and enjoy healthy foods ...

Let's Talk

Encouraging children to stay active brings a world of benefits! Tell children that being physically active can improve how they feel about themselves, lower stress, increase their energy, and can even help them concentrate on schoolwork. When it comes to activities, mix it up! Encourage bone-strengthening moves, muscle-building exercises, and heart-pumping fun like running, jumping, or even doing cartwheels. Keeping it fun and varied keeps their bodies happy and healthy!



If kids are too short on time to fit in the full 60 minutes at once? No worries! They can break it up throughout the day however works best for them — it all counts! They can stroll to school or the bus stop, groove around the living room, join in playtime with friends at recess, hang out on the monkey bars, take the dog for a walk after school, or head to basketball practice. Every little bit adds up to a healthier, happier day!

Activity for Health

Tips for Getting Motivated:

1. Set yourself up for success – Set yourself up for a great start by laying out your exercise shoes and workout clothes the night before. This simple step and setting your alarm can make it much easier to kick off your morning routine.
2. Find a family member or friend – Everything's more fun with a buddy! You can go for a walk with your children or your grandchildren. You'll have someone to keep you accountable and share the journey with.
3. Make an individual or family pledge – Don't be shy about sharing your fitness aspirations with your loved ones. Talking about goals can give you an extra boost of motivation and support from those around you.
4. Set small goals – Feeling overwhelmed? Start with just five minutes of activity. Every little bit counts, and you might find yourself wanting to keep going once you get started. Remember, progress is progress, no matter how small!

