

# Preventive Cardiology Program

HEALTHY HEART SERIES



Boston Children's Hospital

Heart Center

Until every child is well™

## Get out there, get active!

Sixty minutes of physical activity per day is recommended for all children and young adults. Physical activity can help you lower cholesterol, manage weight and prevent chronic disease. It's also been linked with improved school performance!

### Tips for making exercise part of your routine

- Keep "screen time" (watching TV, using the computer, playing video games) to two hours or less per day.
- Work up to your 60-minute exercise goal gradually. Start with 10 to 15 minutes per day.
- Activity can be split throughout the day. For example, get in 30 minutes of exercise with three 10-minute slots.
- Make it a family affair. All family members can benefit from getting active.
- Find a workout buddy who shares your dedication to making changes.



#### REMEMBER TO:

- Make sure your doctor has medically cleared you to exercise.
- Always wear the appropriate protective equipment (including helmets, goggles, knee and arm pads).
- Ensure children are safe when exercising and accompanied by an adult if necessary.

### Fun exercise suggestions

- Keep a jump rope in your backpack.
- Climb the stairs at home. Set a goal for the number of stairs you climb in total, and increase it each day.
- Skip TV time and go out for a family walk or a game of tag instead.
- Use exercise videos, television shows or fitness websites to learn new skills.
- Commit to working out until three to five songs have played on your music player.
- Choose activities that don't require equipment, such as walking, jogging or calisthenics.
- Identify community resources, like park and recreation programs, local tracks, baseball fields or basketball courts that are available to the public.

For specific questions about nutrition or exercise, please contact Skylar Griggs, MS, RD, LDN, clinical nutrition specialist, at 617-355-4329

For more general information about our Preventive Cardiology Program, call Boston Children's Heart Center at 617-355-0955 or go to [bostonchildrens.org/hearthealth](http://bostonchildrens.org/hearthealth)