

Make exercise a daily activity

Start an exercise programme for your child:

- to exercise **three to five** times a week
- **15 – 60** minutes each time
- until your child perspires and breathes deeply without getting breathless.

My child's fitness plan

Day	Activity planned	How long (in min)	Activity each week (tick if carried out)											
			1	2	3	4	5	6	7	8	9	10		
Mon														
Tues														
Wed														
Thur														
Fri														
Sat														
Sun														

It isn't enough to just eat right – **your child needs to exercise regularly too.**

Regular exercise will help your child to:

- lose body fat
- tone up muscles
- keep appetite under control
- improve blood circulation and stamina
- sleep well and feel less tired
- feel and look good

Examples of Moderate Amounts of Activity

Less vigorous, more time

- Washing and waxing the car for 45 - 60 minutes
- Washing windows or floors for 45 - 60 minutes
- Playing volleyball for 45 minutes
- Playing touch rugby for 30 - 45 minutes
- Walking 3 km in 35 minutes (11.7 min/km)
- Basketball (shooting baskets) for 30 minutes
- Cycling 8 km in 30 minutes
- Dancing fast (social) for 30 minutes
- Walking 3.2 km for 30 minutes (9.4 min/km)
- Water aerobics for 30 minutes
- Swimming laps for 20 minutes
- Basketball (playing a game) for 15 - 20 minutes
- Cycling 6.4 km in 15 minutes
- Skiing for 15 minutes
- Running 2.4 km in 15 minutes (6.3 min/km)
- Climbing stairs for 15 minutes

More vigorous, less time

