

TIPS

- **Be a positive role model:** Children of active parents learn that physical activity is something wonderful and natural.
- **Get involved:** Be physically active with your children and show them that it is important to you.
- **Spice it up:** Include different activities and consider your child's interests.
- **Make it part of your routine:** Schedule physical activity into your day and limit children's screen time.
- **Have fun:** Children want to be active, especially if it means having fun.
- **Be Inclusive:** Create environments where infants, children and youth of all abilities have the opportunity to participate.
- **Add culture:** Make culture a part of your activities by playing traditional music or using traditional language.
- **Just ask:** Ask children and youth how they want to be active – let them decide what activities to try.
- **Partner up:** Make play dates or get friends involved. You're more likely to follow through if you've asked friends to join you.

For more information about the importance of physical activity and ideas to get your child moving, contact the Wabano Centre for Aboriginal Health.

REFERENCES

World Health Organization. (2015). Physical activity: Fact sheet. Retrieved from www.who.int/mediacentre/factsheets/fs385/en/

ParticipAction. (2016). Physical Activity and Sedentary Behaviour Fact Sheet. Retrieved from www.participaction.com/get-started/statistics/



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BEAUTY IN Movement

AN INDIGENOUS GUIDE TO
PHYSICAL ACTIVITY

PHYSICAL ACTIVITY – WHAT IS IT?

Quite simply, physical activity is any activity that gets your child’s body moving. Whether it is structured (e.g. gym class at school, playing on a sports team or taking a dance class) or unstructured (e.g. playing at the park, climbing the stairs or gardening), all forms of movement are excellent for your child’s health.

WHY IS IT IMPORTANT FOR MY CHILD?

Regular physical activity is important for a child’s physical, mental, emotional and spiritual development. The more active a child is, the more benefits they will experience. The goal is to create lifelong habits that promote good health.

HOW MUCH PHYSICAL ACTIVITY DOES MY CHILD NEED?

The Canadian Physical Activity Guidelines indicate that:

- **Infants** (under 1 year) should be active several times per day,
- **Toddlers and Preschoolers** (between 1-4 years old) should be active at least 180 minutes per day, and
- **Children and youth** (between 5-17 years old) should be active at least 60 minutes per day, at moderate to vigorous intensity.

IDEAS TO TRY WITH YOUR CHILD

INFANTS

- Tummy-time
- Floor-based activities
- Reaching for toys
- Rolling
- Crawling

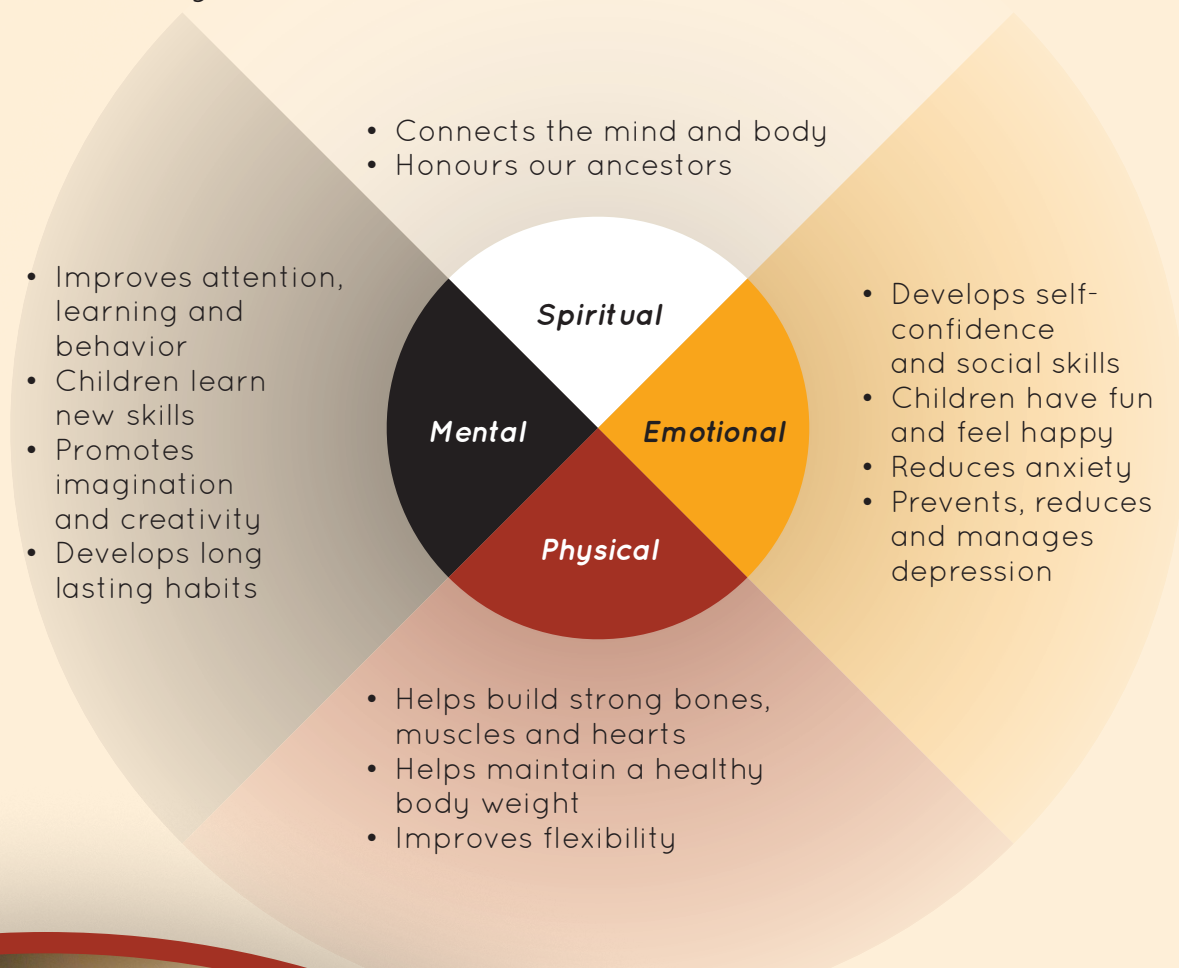


CHILDREN/YOUTH

- Going for a walk
- Gardening and digging in the dirt
- Gymnastics
- Household chores (sweeping, carrying groceries)
- Climbing stairs
- Moving around the house
- Dancing (jigging, hoop, pow wow)
- Skating
- Playing at the park
- Playing games (Simon Says, hide-and-seek, tag)
- Snowshoeing
- Skipping
- Bike riding
- Inuit games

What is the difference between moderate and vigorous intensity physical activity?

- During moderate-intensity physical activities, children will begin to sweat and breathe harder.
- During vigorous-intensity physical activities, children will be out of breath and no longer able to carry a conversation.



*“The heart drumming in the body of a child calls out ‘**play, run, jump, swim**’, so your song will endure to be heard with vigour and medicine, long into the winter of your years.”*

- Albert ‘South Wind’ Dumont, Spiritual Advisor, Poet, Storyteller

