



the
**Chickasaw
Nation**
Department of Health

**EMPOWERED
LIVING GUIDE**

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**CLINICAL SERVICES FOR PEDIATRIC WELLNESS:
PHYSICAL ACTIVITY**

WHAT CAN PHYSICAL ACTIVITY DO FOR YOU?

- Improve academic performance
- Improve muscular fitness
- Improve heart, brain and lung health
- Improve bone strength
- Regulate weight and reduce body fat
- Improve sleep
- Improve overall long-term health

EVERYONE IS ENCOURAGED TO:

- Move more
- Do activities you enjoy
- Get outside
- Do things as a family or with friends
- Increase time away from screens

RECOMMENDATIONS

- Preschool-aged children (ages 3-5) should be physically active throughout the day to enhance growth and development. Adult caregivers should encourage children to be active when they play.
- Children and adolescents (ages 6-17) should aim for 60 minutes or more of moderate-to-vigorous physical activity daily.

IDEAS

MODERATE-INTENSITY AEROBICS

- Brisk walking
- Bicycle riding (flat surfaces)
- Hiking, swimming and kayaking
- Riding a scooter
- Baseball and softball

VIGOROUS-INTENSITY AEROBICS

- Running
- Bicycle riding (may include hills)
- Tag or flag football
- Jumping rope
- Skating and skateboarding
- Martial arts
- Soccer, basketball, swimming and tennis
- Vigorous dancing

MUSCLE-STRENGTHENING

- Tug of war
- Resistance exercises using body weight, resistance bands, weight machines and hand-held weights
- Rope or tree climbing
- Climbing on playground equipment
- Some forms of yoga

BONE-STRENGTHENING

- Hopping
- Skipping
- Jumping
- Running

