

## FOR KIDS & PARENTS

Physical activity is vital for children of all ages. Kids should accumulate 60 minutes or more of moderate to vigorous physical activity every day (involving mainly aerobic activities). Activities that are vigorous, as well as those that strengthen muscle and bone, should be incorporated at least 3 days per week.

SET YOUR TIMER TO DO 45 SECONDS OF WORK AND 15 SECONDS OF REST. DO AS MANY OF THE MOVES AS YOU CAN BEFORE TIME RUNS OUT.













