Working to get kids more active

Healty Phelps

Healthy Phelps

The Center for Disease Control (CDC) and the National Institute of Health (NIH) recommend that children and adolescents engage in at least 60 minutes of physical activity per day, primarily in the form of moderate to vigorous activity. This includes activities such as running, swimming, dancing, or playing soccer. The benefits of physical activity extend far beyond just physical health; they also improve mental health, social skills, and academic performance.

However, in recent years, there has been a worrying decline in the amount of physical activity among children. This decline is linked to various factors, including an increase in sedentary behaviors such as screen time and a reduction in opportunities for physical activity in schools and communities.

To address this issue, Healthy Phelps has launched a campaign to promote active living among children. The campaign includes a series of initiatives aimed at increasing physical activity levels.

Classroom Activity

Breaks

The program includes:

- **Healthy Snacks**: Providing healthy snack options during breaks and after-school activities.
- **Active Recess**: Incorporating more physical activity into recess periods, such as organized games or free play.
- **Virtual Workshops**: Offering virtual workshops on nutrition and healthy living.
- **Parental Involvement**: Encouraging parents to be active and model healthy behaviors for their children.
- **Community Partnerships**: Collaborating with local organizations to provide additional physical activity opportunities.

Through these initiatives, Healthy Phelps aims to create a culture of active living among children, ultimately improving their overall health and well-being.