**Why We Need Physical Activity After School!**

- To stay healthy, youth need at least 60 minutes of physical activity daily. There’s not enough time during the school day to get it all in.
- Physical activity can teach life skills such as teamwork, patience, and motivation to help youth reach higher goals.
- Being physically active increases self-esteem and reduces anxiety, depression and stress.

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**Cut Down on Inactivity**

- Limit to 2 hours or less per day: TV, Computer, Video Games, Watching DVD’s & Movies

**Flexibility & Strength**

- Stretching
- Push-up/Sit-ups
- Circuit Training
- Yoga/Pilate’s
- Martial Arts (Tai’Chi)

**Individuals**

- Running/Jogging
- Skateboarding
- Rollerblading
- Stair Climbing
- Hula Hoop
- Jump Rope
- Hopscotch
- Dance Dance Revolution

**Group Activities**

- Basketball
- Volleyball
- Baseball/Softball
- Soccer
- Kickball
- Swimming
- 911*
- Hide-n-Seek
- Double-Dutch
- Cultural Games
- Clean Your Room*
- Los Encantados (Freeze Tag)
- Dance – Hip Hop, Salsa, Capoeira, etc.
- Playing Musical Instruments

* From CANFIT’s SuperManual

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**Sports/Recreational Activities & Games**

- Play Frisbee or Catch at the Park
- Plant or Work in the Garden
- Walk (the dog) Together
- Family Bike Ride
- Family Hike
- Help with Chores

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**For Your After School Program**

- CHOOSE ONE ACTIVITY with Kids Daily
- EVERYDAY 60 MINS
  By Yourself or with Friends
- 2-3 TIMES A WEEK
  Flexibility/Strength

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