



 Healthy Options that  
Promote Excellence

## Physical Activity Engagement During Summer Months

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**Sedentary behavior** is defined as sitting, lying down, and distributing very little energy. Sedentary behaviors result in negative health outcomes such as obesity, heart disease, type 2 diabetes, and some cancers.

**Physical activity** is vital for good health. Physical activity is defined as any body movement that works your muscles and requires more energy than resting. There are countless benefits associated with being physically active.

### BENEFITS OF PHYSICAL ACTIVITY

- **Helps to maintain weight**
- **Decreases the risk of heart disease**
- **Decreases the risk of strokes**
- **Decreases blood pressure**
- **Improves sleeping habits**
- **Increases mental health**
- **Prevents bone loss**
- **Reduces anxiety**
- **Feel better**

Physical activity can be extremely rewarding and fun! Children should participate in physical activity for at least 60 minutes daily, 5 days a week. We have included activities to help your child(ren) become more active this summer.



**Make it a family affair.** As parents you are a role model and your child's first teacher! Modeling the behavior will make your child want to engage and participate in these activities. Some family activities can include bike riding, hopscotch, or jumping rope.

**Gym.** Check with your local gym to see if they offer family packages. Inquire about the classes they offer for youth and adults.



**Fun in the sun.** Get some Vitamin D by participating in outside activities. Create an obstacle course, water balloon fight, water aerobics or swimming. Don't forget to use SPF to protect your skin from harmful UV rays.

**Be a tourist in your town.** Who doesn't love an adventure? Staycations are a great way to explore your town. Make a list of places you can visit this summer: zoo, museum, park, or hiking. This is a great way to get your steps in for the day!

**Penny Walk.** While outside allow the penny to guide you! When you arrive at an intersection along your path. Flip your penny. If it lands on heads, turn right and continue walking. If it lands on tails, turn left. Include a challenge during your walk by creating a scavenger hunt

list with objects you may find during your penny walk. Some examples of scavenger hunt list may include: the amount of green cars that you see, take a photo of a red bird, or pick a flower.

**Incorporate your hobby.** Youth will enjoy participating in activities that interest them. Some hobbies may include sports, dance, martial arts, or gymnastics.

We challenge you to get moving this summer! Create a list of activities that you and your children will participate in this summer. Use a calendar to plan out your weekly activities. Set a goal for the amount of days of the week you will be physically active, include the times and activities.

For more information, contact Ms. Kiyana Kelly, MPA at [kiyana\\_kelly@suagcenter.com](mailto:kiyana_kelly@suagcenter.com)

References: Physical Activity Drops During Summer Holidays for 6- to 9-Year-Old Children - <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7848070/>

Sedentary Behavior: Emerging Evidence for a New Health Risk - <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2996155/>

<https://www.choosemyplate.gov/resources/physical-activity-what-is>

<https://www.acefitness.org/education-and-resources/lifestyle/blog/7571/how-to-get-your-kids-moving-throughout-summer-2020/>

<https://www.cdc.gov/physicalactivity/>

<https://www.cdc.gov/chronicdisease/resources/publications/factsheets/physical-activity.htm>

4-H Healthy Living Activity Guide - <https://4-h.org/wp-content/uploads/2019/04/4H-Healthy-Living-Activity-Guide.pdf>



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