



Active Kinders is a collaboration between Wyndham City and the community of Kindergartens in Wyndham, to encourage children and their families to increase physical activity.

## WHAT IS PHYSICAL ACTIVITY & WHY IS IT SO IMPORTANT FOR KIDS?

Physical activity can be any activity that makes a child's breathing faster and their heartbeat quicker in a positive way. This can include walking, running, jumping, riding a bike, stretching and playing sport.

## HOW MUCH PHYSICAL ACTIVITY SHOULD THE FAMILY DO?

Kids	Youth	Adults	Seniors
<b>Toddlers</b> 1-2yo 180 mins/day	<b>Children and Youth</b> 5-17yo At least 60 mins of moderate to vigorous physical activity per day.	<b>Adults</b> 18-64yo Accumulate 150-300 mins of moderate activity or 75-150 mins of vigorous activity each week	<b>Senior Adults</b> <65yo 30 mins every day each week
<b>Pre-schoolers (Kinder)</b> 3-5yo 180 mins/day (60 mins as energetic play)			

## WHY IS BEING ACTIVE SO IMPORTANT FOR KIDS?

Sitting less and moving more has many health benefits for children including:

- ▶ Developing healthy bones, muscles, lungs and heart
- ▶ Improved coordination, strength, flexibility and balance
- ▶ Maintain a healthy body weight
- ▶ Their brain will develop vital connections, leading to improved concentration and thinking skills
- ▶ They are less likely to develop chronic diseases, such as heart disease and type 2 diabetes

TOP  
5

## TIPS ON HOW FAMILIES AND KINDER KIDS CAN ACHIEVE THEIR DAILY PHYSICAL ACTIVITY

1

### PLAN AHEAD

set aside some time every day to get moving and active, this can be a regular time or different each day

2

### DO IT TOGETHER

it's always more fun to get active with friends and family

3

### FIND WHAT YOU ENJOY

use activity as a reward

4

### TRY SOMETHING NEW

variety can keep things exciting!

5

### LIMIT SCREEN TIME

less time on TV/Video Games/Computers means more time to enjoy getting active



## WHERE CAN FAMILIES AND KIDS GET ACTIVE?

Check out the new Active Wyndham website with some fantastic resources to get everyone in the family active at home or outdoors.

The Active Wyndham Calendar and Active Wyndham Map will link you and the family to a range of free and fee-for-service activities happening in your local area, including sports, fitness, martial arts and dance.

Check it all out here

[www.wyndham.vic.gov.au/activewyndham](http://www.wyndham.vic.gov.au/activewyndham)

## TRY OUT A NEW WYNDHAM ACTIVITY CARD

there is one for every age group

[www.wyndham.vic.gov.au/activitycards](http://www.wyndham.vic.gov.au/activitycards)

### KIDS

- Home Obstacle Course (3-6 yrs)
- Playground Family Workout (4-12 yrs)
- Recess Buddy Workout (6-12 yrs)

### ADULTS & YOUTH

- 3 Quick Exercises for After Work
- Bodyweight Beginners Workout
- Outdoor Full Body Circuit

### OLDER ADULTS & SENIORS

- Chair Workout
- Bodyweight Workout at Home
- Home Objects Workout
- Outdoor Workout in the Park

## LOOKING FOR SOME MORE INSPIRATION AND ACTIVITY IDEAS?

- ▶ **Play tag**, swim, toss a ball, jump rope, hula-hoop or dance to music. It doesn't have to be sports to get the family moving.
- ▶ **Walk the dog**, go for a jog or bike ride, take the stairs or head to the park and let kids run around.
- ▶ **Celebrate special occasions**—like birthdays or anniversaries—with something active, such as a hike, a volleyball or soccer game or playing Frisbee at the park.
- ▶ **Get the whole family involved** in household chores like cleaning, vacuuming, and yard work.
- ▶ **Walk to Kinder**, or if you must drive, find a spot at the far end of the car park or street to get some extra steps in.

