



PHYSICAL ACTIVITY

for Children and Adolescents



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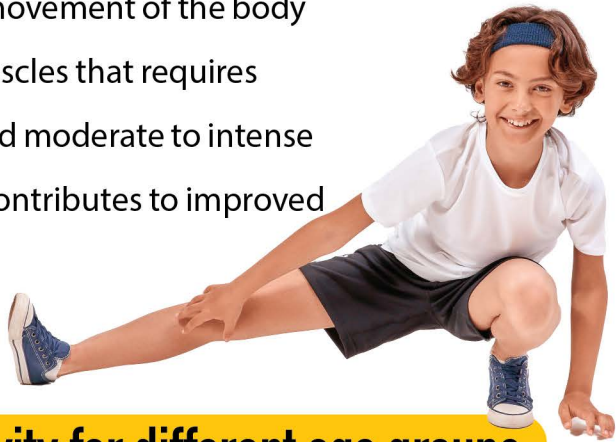


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What is physical activity?

The World Health Organization (WHO) defines physical activity as any movement of the body produced by skeletal muscles that requires energy consumption, and moderate to intense physical activity which contributes to improved health.



Physical activity for different age groups

Age Group	Recommended duration
Less than 1 year	Several times a day in a variety of ways such as interactive play with them
1 – 4 years	Equivalent to 180 minutes per day including moderate to intense activities
5 – 17 years	At least 60 minutes a day including aerobic exercises and muscle-strengthening activities



Benefits of physical activity

for children and adolescents



Maintain a healthy weight and prevent obesity



Maintain healthy and strong bones



Stimulate blood circulation and increase physical fitness



Stimulate memory, mind and mental skills



Reduce the risk of disease and boost the strength of the immune system



Improve mental health by relieving stress and anxiety





Fun activities to do with your children



Planting flowers or trees in the garden of the house



Do household chores together



Practice Zumba or yoga together



Walk around the house or garden near the house



Play kinetic games such as hide and seek, pulling the rope, or chair game



Do simple, fun science experiments at home





Types of physical activity for children and adolescents

Reduce Tv Hours

Reduce computer or online games

Stretching Exercises

Strength & Endurance Exercises
like pushups

2 - 3
times / week

Biking

Swimming

3 - 5
times/week

Play in house yard or garden

Help in house chores

Daily or Continuous



How to prepare healthy meals for your children?



Strawberry and banana smoothie



Labneh sandwiches with vegetables or cheese with honey



Vegetable slices with chickpeas dip



Fruit sticks



Greek yogurt with fruit slices



Coconut oatmeal biscuits



Date balls

HEALTHY MEALS IDEAS





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