

ACTIVITY 3

MOVING TOGETHER



QUICK SUMMARY

Spending time as a family is important and being active is a great way to have fun *and* improve your health. In this activity, you will identify places your family can be active, and you will develop a plan for moving more together!

DISCUSS

When you think about exercise and physical activity, what comes to mind? What do you and your family already do, together or independently, to get your blood pumping?

LEARN MORE

Now that you understand *why* it's important to get your bodies moving thanks to the ♥ **YOUR HEART** Virtual Field Trip, it's time to work on getting your blood pumping to strengthen your hearts and reduce your risk of noncommunicable diseases. While different kinds of physical activity have different effects on the heart, each type of exercise is beneficial. Exercise strengthens your heart muscle, which eventually increases your heart's ability to pump blood throughout your body. As your heart becomes stronger, it can push out more blood each time it beats. Moderate exercise like walking, aerobic exercise (continuous activity that builds endurance) such as walking and dancing, and anaerobic exercise (short bursts of activity) such as skipping with a rope or sprinting all have long-term benefits on your heart. It's recommended that children get one hour of moderate to vigorous physical activity a day to build stronger muscles and bones, lower their risk of becoming overweight, reduce their risk of developing noncommunicable diseases like Type 2 diabetes, sleep better, and more.

TIPS FOR CRITICAL THINKING WITH A FAMILY MEMBER THAT HAS A DISABILITY

- Use the following strategies when discussing:
 - Ask them to tell you what they heard and saw in the Virtual Field Trip
 - Ask them to tell you how they felt during the Virtual Field Trip
 - Ask them to identify different exercise activities
 - Ask them to identify if any of those activities they or your family do together or independently
- Be patient
- Allow your family member to ask questions
- Model answering the questions by providing what you think or giving examples
- Give them answer choices if they cannot independently answer open-ended questions

APPLY

Today, let's work on increasing your physical activity as a family. Both kids and adults can benefit from moving more, so follow the steps below to make this happen.

1. First, find and/or create space where your whole family can move together. You could:
 - Identify an area in or around your home that already has room for your whole family to move.
 - Make room in a part of your home (- a garage, or spare room could work well!).
 - Identify a shared space in your house or flat.
 - Use pavements or back alleys in your street or estate.
 - Find a playground, field, or empty car park nearby.
 - Locate an indoor or outdoor community pool.
 - Use the [Get Outside](#) website to locate a local green space.
 - Download the [National Trails](#) app or access the website to find a nearby trail.
2. Brainstorm heart-strengthening physical activities that your family could do together in the space that you selected. In other words, what exercises could you do here that will get your hearts pumping? Ideas include:
 - Alternate walking, running, skipping or jogging on paths, trails or roads.
 - Design a stairs workout in your house or flat. For instance, you could create a challenge to see how many times you can climb up and down in a certain timeframe. Or, some family members could do exercises like lunges or pushups on the bottom steps as other family members walk up and down!
 - Play a group sport like basketball, rugby or football.
 - Use YouTube or a streaming service to try out a workout video.
 - Map out a walking or hiking route.
 - Create an obstacle course in your home, garden or yard.
3. Then commit to giving your ideas a try!

Fill out the calendar below to help your family create goals for the month ahead. Start small and schedule at least two physical activities per week that you could do together. Try to involve all family members in the planning process and vary the activities you select to make sure everyone has fun.

Regroup at the end of each week to discuss what changes could be made, if any, to make the physical activities more enjoyable (or more vigorous!) for everyone involved.

MONTH: _____

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

