

FRANKFORT SCHOOL DISTRICT 157-C

# WELLNESS WEEKLY

## EXERCISE & MOVEMENT

The CDC recommends that children and adolescents do 60 minutes or more of moderate-to-vigorous physical activity daily. Children and adolescents should be provided opportunities and encouragement to participate in physical activities that are age-appropriate, enjoyable, and that offer variety.

### Key Guidelines for School-Aged Children and Adolescents

As part of their 60 minutes of daily physical activity, children should incorporate three types of activities. Most of the 60 minutes should be moderate to vigorous aerobic activity. Muscle strengthening and bone-strengthening activities should be incorporated at least 3 days per week.

- **Aerobic:** These are activities in which young people rhythmically move their large muscles. Examples are running, hopping, skipping, jumping rope, swimming, dancing, and bicycling.
- **Muscle-strengthening:** These are activities that make muscles do more work than usual. Examples are playing on playground equipment, climbing trees, playing tug-of-war, or lifting weights.
- **Bone-strengthening:** These are activities that produce a force on the bones that promotes bone growth and strength. This force is commonly produced by impact with the ground. Examples are running, jumping rope, basketball, tennis, and hopscotch.

### Benefits of Exercise and Movement:

- Improved immune system
- Reduced risk of certain diseases such as Heart Disease and Diabetes
- Helps control your weight
- Improves your mood and helps to relieve stress
- Boosts your energy
- Improves your cognitive functioning
- Helps to improve your sleep
- Reduces symptoms of anxiety and depression

## COVID-19 IMPACT

COVID-19 has raised a lot of questions regarding how exercise can protect us by boosting immunity. This is becoming more relevant as many of us have restricted access to the gyms and parks where we would normally undertake exercise and physical activity. Compounding this problem are the known negative effects of social isolation and confinement on immunity. Each bout of exercise, particularly whole-body cardiorespiratory exercise, instantaneously mobilizes literally billions of immune cells. The immune cells that are mobilized with exercise... (make) us more resistant to and better equipped to deal with any infection. It is important that we try to maintain our activity levels within recommended guidelines. Not only can exercise have a positive direct effect on the cells and molecules of the immune system, but it is also known to counter the negative effects of isolation and confinement stress on various aspects of immunity. It is important that we find creative ways to exercise while maintaining social distancing and proper hygienic countermeasures.

*(Source: American College of Sports Medicine).*



## MOVEMENT MOTIVATOR OF THE DAY

**MONDAY - MINDFULNESS MONDAY** -- Participate in a Mindfulness activity (yoga, deep breathing, etc.)

- [Cosmic Kids Yoga](#)
- [Stop Breathe Think](#)
- [MindYeti](#)
- [CalmApp](#)

**TUESDAY - THROW A DANCE PARTY!** -- Put on your favorite party music and have a "Dance Off" with family

- [KidsBop](#)
- [Jack Hartman](#)
- [Kiboomers](#)

**WEDNESDAY - WORKOUT WEDNESDAY** -- Wear your favorite gear and participate with your favorite kind of workout video

- [Get Moving with GoNoodle](#)
- [The Learning Station](#)
- [Mini Workouts](#)
- [Move to Learn](#)

**THURSDAY - TAKE ME OUTSIDE THURSDAY** -- Do some kind of exercise activity outside (ex. Take the dog for a walk, ride your bike, practice your sport)

**FRIDAY - FAMILY FITNESS CHALLENGE** -- Organize a family challenge (ex. Family Olympics: Long jump w/a tape measure, relay race, timed obstacle course)

- [Make Fitness Fun with the Family](#)