

Aerobic Exercise!

Why is it important?

As little as 20 to 40 minutes of exercise a day can improve mood and happiness, behaviour, attention, and academic output for your child at home.

Looking for ideas?

- Running*
- Biking*
- Hiking*
- Swimming*
- Rollerblading*
- Scooting*
- Jump rope*
- Go Noodle
- Family Dance Party
- Just Dance



please remember to maintain social distancing outside with others

When to fit it in?

To maximize your child's gains for attention and academic output exercise *before* you begin your school work for the day - exercise first thing in the morning.

How much should my child be getting?

Canadian guidelines recommend getting at least 60 minutes / day of vigorous activity (sweat) a day and 2 hours or more of movement (step).

Thanks for reading and feel free to contact me at dcolbeck@sd53.bc.ca if you have any questions or are looking for consultation or support.

Dan Colbeck, Physical Therapist SD53