

# Our Healthy Year challenges:

## Healthy heart

Our school is taking part in the Our Healthy Year challenges – they are a great way for your child to be fit and healthy and have fun!

This month's challenge is Healthy heart. See how many activities you can do and check your family is doing the recommended amount of activity below.

If you have an Our Healthy Year Passport then you can use it to record your activity.

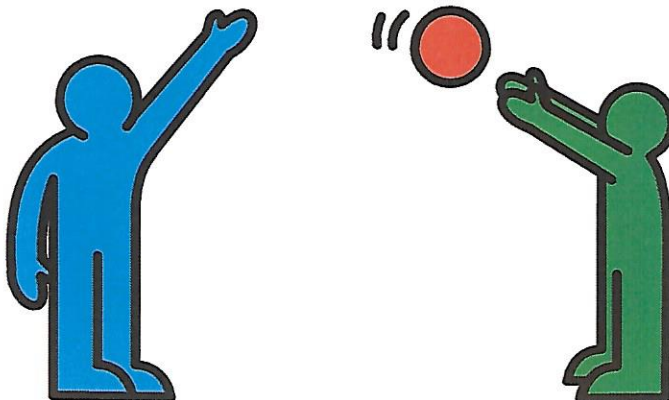
Are you ready for the challenge?



### Healthy heart

Building activity into your day keeps your heart healthy, reduces your risk of serious illness and strengthens muscles and bones. It can also be a great way of reducing your stress levels and lifting your mood if you're feeling down. It's not good for us to sit or lie down for long periods of time other than when we're asleep, so try to keep moving as much as possible!

- Adults need to be active for at least 150 minutes each week – housework, gardening, dancing and washing the car all count!
- Children under five need three hours of activity a day such as running around, active play (hide and seek, stuck in the mud), jumping on a trampoline, riding a bike, dancing, swimming, climbing, skipping and gymnastics.
- Children aged five to 16 need to be active for at least 60 minutes each day.





- Pick five different exercises to do around your house such as star jumps, hopping, running on the spot, commando roll (drop to the floor and roll over), or push ups against a wall or on the floor. Do each one for one minute and complete the round twice!
- Collect some old lolly sticks and write different exercises on each one such as one minute x high knees or 10 x squat jumps. Take it in turns to pick a lolly stick out and complete the exercises with friends or family. See how many exercises you can complete in 10 minutes!
- Play some relay race games in your local park or try taking part in your local park run. You could try to beat your personal best time each week.
- Try the 10 Minute Shake Up activities – search [Change4Life](#).

Remember to try and stay active for a period of 10 minutes or more to gain the healthy heart benefits. Check your heart rate and see if your family is doing the recommended amount of activity!

