

# Staying Active at Home

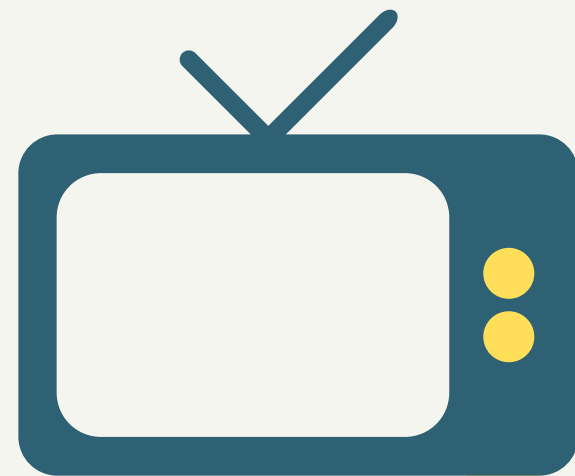
The COVID-19 outbreak has changed many aspects of everyday life and making sure you are getting enough physical activity is more important than ever.

## 1 Statistics



Only 1 in 3 children are physically active everyday

The average child spends 7.5 hours a day in front of a screen



1 in 7

Adults are physically inactive

## 2 Benefits of Staying Active

### Children

- Reduces risk of depression
- Improves bone health
- Improves attention
- Improves some measures of academic performance

### Adults and Older Adults

- Lowers blood pressure
- Lowers risk of stroke
- Improves mental health
- Improves bone health
- Improves sleep
- Reduces risk for fall
- Helps prevent muscle loss
- Extends years of active life



## 3 Types of Exercises

### Aerobic Exercise

Activities that raise your heart rate for an extended period of time e.g. walking, biking, and swimming

vs.

### Anaerobic Exercise

Activities that are more focused on strength training e.g. lifting weights or resistance training.

## 5 Tips for Success



Set Goals



Start Small



Make Exercise a Part of Your Routine



Make it Social



Reward Yourself

## 4 Know How Much Exercise You Need



Children ages 6-17 needs at least 60 minutes of exercises daily

Adults need at least 150 minutes of exercise weekly



Health Atlas of Hamtramck  
<https://arcg.is/1m4C8S>



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