

Healthy Habits:

Set your tween up for a lifetime of benefits:

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Heading back to school is a busy time that can be challenging for "twens" (pre-teens 10-12 years of age). Many twens have to adjust to new friends, a new school and a new teacher while dealing with the stress of growing and developing quickly. Being physically active can help.

Physical Activity can set your tween up for a lifetime of benefits:

- Boost self-esteem
- Sleep better
- Improve concentration
- Reduce anxiety and depression
- Increase relaxation
- Achieve a healthy body weight
- Make new friends
- Improve coordination

Lead the Way.

Get "in motion" with your tween through:

The Power of Play

- It's fun!
- It's free!
- Introduce your tween to some of the games you enjoyed when you were their age.

Keeping your Wheels "in motion"

- Bike
- Rollerblade
- Skateboard with your tween

Having a Ball!

- Kick a soccer ball around
- Shoot hoops in your driveway, at a local park or school yard
- Bounce a "Hacky Sack" around

How much physical activity is enough?

Canada's Physical Activity Guide for Youth recommends building up to at least 60 minutes of moderate physical activity (ie. brisk walking, bike riding) and 30 minutes of vigorous physical activity (ie. running, soccer, basketball) every day. However, a recent survey of 10 to 12 year olds in Winnipeg shows only 7% of girls and 12% of boys are meeting the guidelines.

The tween years are a great time to develop new skills that will lay the foundation for a lifetime of being physically active. It is especially important that physical activity become an essential part of their day as research shows that kids become less active as they enter their teenage years.



Whatever your age – get "in motion". It's good for your health!

For more ideas on how to keep your kids "in motion" visit www.winnipeginmotion.ca or call 940.3648