

Check Out a List of Resources Here!



# TIPS FOR PARENTS & CAREGIVERS DURING COVID-19

## HOW TO KEEP KIDS FIT & ACTIVE AT HOME

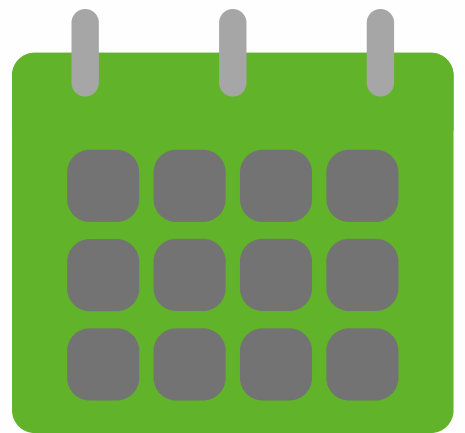
School is out. Most sports and group activities have stopped. This means another challenge for parents and caregivers.

### HELPFUL INFO



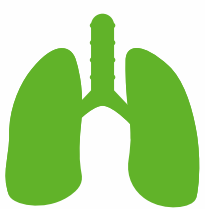
Children need a minimum of 60 minutes a day (can be broken up into multiple activities). This includes activity for their hearts, muscles, and bones.

Set up an exercise schedule. Be creative! Mix up individual workouts with family, friends, or teammate workouts. Do a variety of activities each week -- run, bike, swim, rollerblade, stairs, hills, sprints, strength training, HIIT, yoga, pilates, walk the dog, parks, chores.



Make physical activity part of your family's daily routine. Make it fun. Be smart and safe. Lead by example.

### 4 SIGNS OF MODERATE-TO-VIGOROUS ACTIVITY



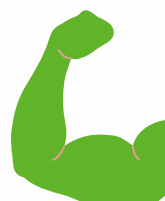
Heavier breathing



Faster heart rate



Sweating



Tired muscles

There's more!  
[www.3sneaks.com](http://www.3sneaks.com)

