



Unit 1 Get Moving Parent Extension

Hi, this is Shanita with the Montgomery County Office of Public Health.

Welcome to Unit 1! Unit 1 of our 123 a Healthy Me series focuses on physical activity. Kids should move their bodies for at least one hour every day.

Moving our bodies, also known as physical activity, can be fun, easy, and can occur throughout the day.

A lot of people think of physical activity as exercise workouts. However, activities such as gardening, walking the dog, dancing, and playing outside all count as physical activity.

We created a calendar that provides different ideas for your family to be active during the week.

Take a look... (Reference calendar in the video)

We will provide you with the calendar. You will just need to print out a copy or write down ideas on your own calendar to use as a guide.

Building in physical activity for you and the kids can be super simple!

Something as basic as turning on music and having a dance party while you wait for dinner to cook.

Or how about doing jumping jacks or high knees during the commercial breaks of your favorite shows?

Lastly, a walk before dinner is a great way to get in physical activity while building up your appetite for your meal.

If you haven't already heard, the Montco Trail Challenge is a great way to be active all while exploring Montgomery County.

There are 13 participating trails and the goal is to visit as many as possible by December 6, 2020.

Whoever visits 10 will receive a prize at the end of the challenge.

This challenge is for kids, adults and even dogs!

For more information see the link (Reference the link in the video)

We hope that you will take the opportunity to get active while enjoying time with your family.

And always remember...**Be healthy, have fun, and stay safe!**