



NEWS RELEASE

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Children and adolescents can ‘be active your way’

*By Lt. Col. Karen E. Hawkins,
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FORT LEE, Va. – Bike riding, walking, jumping rope, playing ball are all great ways to be active according to the Physical Activity Guidelines for Children and Adolescents. They need one hour or more of physical activity daily; just one of the new 2008 Physical Activity Guidelines for Americans published by the U.S. Department of Health and Human Services. The guidelines are designed to provide information and guidance on the types and amounts of physical activity for Americans aged 6 years and older. The main idea behind the guidelines is that regular physical activity over months and years can produce long-term health benefits, which is so important for children and adolescents.

Be active – how to help get children moving

Check out your local morale, welfare, and recreation facility or gym for equipment, sport teams and events that your children and adolescents can participate in today. Developing healthy lifestyle habits begins at an early age, so try going outside and playing with your kids as it is good for the whole family. Be your child’s advocate and talk with school administrators and teachers about the Physical Activity Guidelines and how they might be included during the school day. There are lots of ways for children and adolescents to be active. Here are guidelines to help you get started.

Guidelines for Children and Adolescents

- Children and adolescents should do 60 minutes or more of physical activity daily.
- Aerobic: Most of the 60 or more minutes a day should be either moderate- or vigorous-intensity aerobic physical activity, and should include vigorous-intensity physical activity at least three days a week.
- Muscle strengthening: As part of their 60 or more minutes of daily physical activity, children and adolescents should include muscle strengthening physical activity on at least three days of the week.
- Bone-strengthening: As part of their 60 or more minutes of daily physical activity, children and adolescents should include bone strengthening physical activity on at least three days of the week.
- Encourage children and adolescents to participate in physical activities that are appropriate for their age, that are enjoyable and that offer variety. To help you decide what is best for your children, here are examples of physical activities.

Examples of Moderate- and Vigorous-Intensity Aerobic Physical Activities and Muscle- and Bone-Strengthening Activities for Children and Adolescents

Type of Physical Activity	Children	Adolescents
Moderate intensity aerobic	<ul style="list-style-type: none"> - Active recreation, such as hiking, skateboarding, rollerblading - Bicycle riding - Brisk walking 	<ul style="list-style-type: none"> - Active recreation, such as canoeing, hiking, skateboarding, rollerblading - Brisk walking - Bicycle riding (stationary or road bike) - Housework and yard work, such as sweeping or pushing a lawn mower - Games that require catching and throwing, such as baseball and softball

Examples of Moderate- and Vigorous-Intensity Aerobic Physical Activities and Muscle- and Bone-Strengthening Activities for Children and Adolescents

Type of Physical Activity	Children	Adolescents
Vigorous intensity	<ul style="list-style-type: none"> - Active games involving running and chasing, such as tag - Bicycle riding - Jumping rope - Martial arts, such as karate - Running - Sports such as soccer, ice or field hockey, basketball, swimming, tennis - Cross-country skiing 	<ul style="list-style-type: none"> - Active games involving running and chasing, such as flag football - Bicycle riding - Jumping rope - Martial arts, such as karate - Running - Sports such as soccer, ice or field hockey, basketball, swimming, tennis -Vigorous dancing - Cross-country skiing
Muscle strengthening	<ul style="list-style-type: none"> - Games such as tug-of-war - Modified push-ups (with knees on the floor) - Resistance exercises using body weight or resistance bands - Rope or tree climbing - Sit-ups (curl-ups or crunches) - Swinging on playground equipment/bars 	<ul style="list-style-type: none"> - Games such as tug-of-war - Push-ups and pull-ups - Resistance exercises with exercise bands, weight machines, hand-held weights - Climbing wall - Sit-ups (curl-ups or crunches)
Bone strengthening	<ul style="list-style-type: none"> - Games such as hopscotch - Hopping, skipping, jumping - Jumping rope 	<ul style="list-style-type: none"> - Hopping, skipping, jumping - Jumping rope - Running

Examples of Moderate- and Vigorous-Intensity Aerobic Physical Activities and Muscle- and Bone-Strengthening Activities for Children and Adolescents

Type of Physical Activity	Children	Adolescents
	<ul style="list-style-type: none"> - Running - Sports such as gymnastics, basketball, volleyball, tennis 	<ul style="list-style-type: none"> - Sports such as gymnastics, basketball, volleyball, tennis

2008 Physical Activities Guidelines for Americans, US Department of Health and Human Services

Also, don't forget, take your children and adolescents and walk briskly while shopping at the commissary where with savings of more than 30 percent; it's always worth the trip!

For more information about making healthy choices, visit Ask the Dietitian on <http://www.commissaries.com> and post your questions on the DeCA Dietitian Forum. Be sure to look for other useful information in the Dietitian's Voice archive. Also Sign up with the DeCA Dietitian on <http://www.twitter.com> and get messages sent to your cell phone today. For delicious recipes, check out Kay's Kitchen. And to enjoy all your commissary has to offer, sign up for the *Commissary Connection*.

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