

## Physical Activity & Mental Health

There are so many benefits to physical activity on mental health. If your child leads a relatively sedentary lifestyle, it's time to get them moving.

It is recommended by the Canadian Society for Exercise Physiology that children receive at least 60 minutes of physical activity per day, 7 days a week. This does not mean it is expected that your child "works out" an hour per day, it simply means your child should be moving their body for a minimum of 60 minutes. This can include:

- Riding a bike
- Playing at a park
- Playing outside with friends
- Going for a hike
- Going for a walk
- Engaging in sport activities
- Dance parties!
- Whatever is fun for your child but involves them moving their body!!

Physical activity can have a positive impact on mental health with as little as 150 minutes of moderate physical activity per day.

5, 30-minute sessions of physical activity per week = IMPROVED MENTAL HEALTH

It's time to get your child moving, active and enjoying all the benefits that go along with being physically active.

Not only does physical activity and exercise help increase and balance out brain chemicals, it also has an impact on:

- Sleep
- Confidence
- Energy
- Emotional resilience
- Everyday living, and
- Overall health

5, 30-minute sessions per week. Get to it!