

Healthy Schools
in motion

I Love to Run

jump, play, skate, dance...



Manitoba's
Physical Activity
Challenge

Physical activity can be fun for you and your children.

I Love to Run is a program to get children physically active. We want them to create their own exercise goals for one month. After they meet their goals, they will get certificates.

Follow these simple steps to set up **I Love to Run** in your home:

- > Encourage moderate and vigorous physical activity throughout the month to help your child meet his or her goal.
- > Use the activity log to help your child record his or her physical activities.
- > Return the activity log to the school at the end of the month.
- > Celebrate your child's success at the end of the month.

How to use the I Love to Run Month Activity Log



The activity log records the time children spend doing physical activity. It helps motivate them to stay active. They can record their activities at school and home, in the evenings, and on weekends. The log is most useful when you post it where everyone can see it.

Help your child fill in the log.

Record the:

- > Type of activity
- > Amount of time being active
- > Amount of effort



1				
Bike Ride				
ACTIVITY				
30 Min.				
NUMBER OF MINUTES				
1	2	3	4	5
AMOUNT OF EFFORT				

Amount of Effort	Description
1 Resting	You are breathing normally. It's very easy to talk.
2 Light	You notice your breathing. You can talk.
3 Moderate	You can hear yourself breathe, but can still talk.
4 Vigorous	You are breathing heavily. It is hard to talk.
5 Maximum	You are breathing very heavily. You cannot talk. You may feel pain.

Children should ask themselves how hard they are working and match it with this chart.

Explain to your child that exercise is very important to his or her health.

Health Canada says children and youth should do at least 90 minutes of moderate and vigorous exercise each day.

Moderate activities may include a brisk walk, a bike ride and any sort of active play.

Vigorous activities will make children huff and puff. They may include basketball, jump rope or a run.

Here are some examples of moderate and vigorous activities:



Moderate Effort

walking or wheeling briskly
– about five km/hour

dancing

bicycling – less than 15 km/hour

in-line skating or skateboarding
at an easy pace

gymnastics

jumping on a trampoline

baseball

shooting baskets

volleyball

curling

badminton

skating (leisurely)

downhill skiing
or snowboarding (light)

swimming (recreational)

playing on playground
equipment

playing hopscotch,
4-square, tetherball

playing guitar or drums

singing and moving actively

raking the lawn

Vigorous Effort

running/jogging or wheeling
– eight km/hour

bicycling
– more than 15 km/hour

swimming (steady laps)

aerobic dancing, step aerobics

walking very fast
– seven km/hour

walking and climbing
briskly uphill

in-line skating or skateboarding
(briskly)

karate, judo, tae kwon do

jumping rope

performing jumping jacks

most sports (football, basketball,
soccer, hockey)

downhill skiing (vigorous effort)

skating (fast)

tobogganing

swimming (synchronized)

shovelling heavy snow



Activity Tips

When the weather is cold, dress in layers. You can always remove a layer if you get too hot.

Wear proper clothing and shoes.

Don't do vigorous activity if you are not feeling well.

When the weather is hot, wear a hat, sunglasses and sunscreen. Have a bottle of water with you.

Allow time for your food to digest before you are vigorously active.

Warm up and cool down.

Healthy Living ideas for families

Nutrition and physical activity are important to health. Schools, parents and communities can play their part in keeping children active and healthy. Here are some ideas for your family:

Eating Healthy – Choose a healthy balanced diet. Check out this link for further information on healthy eating:

www.healthcanada.gc.ca/foodguide

Having Fun – Find out what your children enjoy. Try lots of activities. Help your children find things to do on their own or with family or friends.

Being a Role Model – Play with your children and show them how being active can be fun. They will enjoy the fun quality time with you.

Being Safe – Before doing an activity, make sure it's safe. Ask your children what the safety rules are. Make sure they are wearing proper safety equipment.

Keeping it Simple – Activity doesn't need to cost a lot. Try swimming, bicycling, walking or going to the park.

Turning off the TV – Balance TV, video games and computer time with activities with friends and family. Have activity bursts during the commercial breaks. Try to do as many push ups, jumping jacks or sit ups as you can during one commercial.

Promoting Physical Activity – Children don't have to be in sports or take classes to be active. There are other activities for children who are not interested in organized athletics. Children can benefit a lot by simply walking and biking more often. They can in-line skate, jump rope, skateboard or play badminton in the backyard or local park.

Active Living Resources

Healthy Schools

Information and educational materials to help school communities promote health.

www.manitoba.ca/healthyschools

Manitoba *in motion*

Strategy to help Manitobans make physical activity part of their daily lives for health benefits and enjoyment.

www.manitobainmotion.ca

Healthy Schools *in motion*

Program promoting the benefits of physical activity in daily school life.

www.manitobainmotion.ca/schools

Manitoba Healthy Living

Information on the benefits of healthy living.

www.manitoba.ca/healthyliving

Canada's Physical Activity Guides

Guidelines to help children and youth improve their health through regular physical activity.

www.paguide.com

Moving Around Manitoba

Information on being active, eating well, and being mentally fit.

www.movingaroundmanitoba.ca

Participation

Support for all Canadian to be more active.

www.participation.com



For more information:

Manitoba *in motion*

Phone: 945-3648

Toll free: 1-866-788-3648

E-mail: healthyschools@gov.mb.ca