

*The LiveWell Kids program partners with Redondo Beach Unified and Hermosa Beach City School Districts to provide elementary students with interactive nutrition and garden lessons to help them adopt mindful healthy behaviors at an early age.*

## **LiveWell Kids Nutrition Program** **Module 5: Physical Activity**

Physical activity is an important component to our health. It helps build strong bones and muscles, improves our cardiorespiratory fitness and can help reduce the symptoms of depression and anxiety. Studies also show that there are associations between school-based physical activity and academic performance among school-aged children.

In their LiveWell Kids Nutrition Module 5 lessons, children participated in a physical activity break and discussed the importance of getting physical activity every day.



Summer is just around the corner! Your children have been working hard this school year to form healthy long-lasting habits, so don't forget to keep the momentum rolling through the summer, too! Here are some tips for a productive, healthy summer.

- Get the family off the couch and schedule family walks, bike rides or sport competitions. Try joining our [Free Fitness Weekends](http://www.beachcitiesgym.org/freefitness) or Summer Fitness Series! <http://www.beachcitiesgym.org/freefitness>
- Try a summer camp at [AdventurePlex](http://adventureplex.org/): Adventure Camp includes many exciting recreational activities and field trips to keep kids active, engaged and learning. <http://adventureplex.org/>
- Model healthy habits at home: have a dance party, play catch in the back yard or practice your favorite yoga move as a family.
- Grow a garden: gardening is a great way to be active. Plant some vegetables and herbs and have your children help maintain the garden. Ask them to share what they learn during their LiveWell Kids Garden lessons too.
- Plan a trip: go out and do something active as an adventure. Hike the local areas, visit a zoo or park or go kayaking or paddle boarding.

Being active as a family is a great way to bond and practice healthy habits together. Have family members take turns in deciding how to stay active as a family so get out there and have some fun!

### Reference

[https://www.cdc.gov/healthyyouth/health\\_and\\_academics/pdf/pa-pe\\_paper.pdf](https://www.cdc.gov/healthyyouth/health_and_academics/pdf/pa-pe_paper.pdf)