

Raising Healthy Girls

The importance of physical activity

Being active is good for your daughter's **body and mind**. It reduces her risk of type 2 diabetes, osteoporosis and obesity. Being active also improves mood and increases attention span and self-esteem.

The U.S. Department of Health and Human Services recommends that children get **at least an hour of physical activity** each day – whether all at once or in smaller chunks. Middle school girls in Philadelphia are **five times less likely** than boys to get this needed hour.

What you can do:



Model an active lifestyle. Turn up the radio and have a family dance party. Get off the bus a few stops early and walk the rest of the way home. Garden with your kids. Teach them how to jump Double Dutch. Go for a bike ride. For inspiration and information about free and low-cost activity opportunities in every neighborhood, visit www.phillypowered.org.

Talk to your daughter about her interests. What ways of moving does she already enjoy? What would she like to try? And does she have everything she needs (including sneakers, a sports bra and deodorant) to be comfortable being active?



Learn more about organizations that offer physical activity opportunities for girls; check out www.foodfitphilly.org for links to local programs.