

Family Physical Activities



The World Health Organization and the Centers for Disease Control and Prevention (CDC) state that regular physical activity reduces the risk of chronic diseases, strengthens the cardiovascular system, and contributes to psychological well-being. When these activities are done as a family, they not only provide physical benefits but also strengthen emotional bonds, foster communication, and build healthy habits that can last a lifetime.

What are the health benefits?

Among the benefits of physical activity are:

- Reduces the risk of cardiovascular disease.
- Helps prevent obesity.
- It decreases the likelihood of developing type 2 diabetes.
- Strengthens bones and muscles.
- Improves sleep quality.
- Supports healthy growth and development.
- Improves coordination and balance.
- Improves mood

How much time should you spend doing physical activity?


The World Health Organization (WHO) recommends:

- Children ages 3 to 4 should be active much of the day.
- Children and adolescents (5-17 years): at least 60 minutes a day of moderate to high physical activity.
- Adults (18-64 years): 150 to 300 minutes per week of moderate physical activity or equivalent
- Older adults: combine aerobic activity with balance and muscle-strengthening exercises.

How do you get started?

- As a family, make a list of activities you'd like to do together.
- Make sure the activities you choose are enjoyable for everyone in the family.
- Try to plan one or two family activities each week. For ideas, see the suggestions below.
- Once a month, plan a special activity, such as a walk in the park, a day hike, or a camping trip.

Examples of physical activities

- Outdoor activities. Schedule time each day for an outdoor activity with your children, such as a nature walk or a bike ride.
 
- Choose toys carefully. Offer children toys that encourage physical activity, such as balls, jump ropes, skateboards, and more.
- Traditional games (hide-and-seek, racing, jumping rope).
- Dancing at home to your favorite music
- Set up an obstacle course in your backyard or at a neighborhood park
- Take a 20-minute walk after dinner

- Take youth to places where they can be physically active, such as public parks, community baseball fields, or basketball courts.

Indoor and rainy-day activities

- Host a family dance night with songs from every genre of music you enjoy.
- Create a new dance or workout routine to the beat of a favorite song. Ask each child to choose a different song each week.
- Go to the mall and count how many laps you can walk as a family.
- Organize a “hula-hoop” contest.
- Set up a fun obstacle course in the living room, garage, or an unused room.



Injury Prevention Methods

To ensure a positive experience:

- Warm up beforehand.
- Wear appropriate clothing and footwear.
- Stay hydrated.
- Adjust the intensity according to age and physical condition.
- Consult a healthcare professional if there are any pre-existing medical conditions.

Social and Emotional Aspect

For recommendations, tools, and resources on how you and your family can cope with the emotional and physical concerns that arise during and after your treatment, please visit your primary care physician or call the following phone lines:

Medical Advice Line

1-844-347-7801

TTY/TTD 1-844-347-7804

APS Health

787-641-9133

References:

<https://www.heart.org/en/healthy-living/fitness/getting-active/how-to-get-your-family-active>

<https://www.childrenscolorado.org/just-ask-childrens/articles/family-exercise/>

<https://www.cdc.gov/physical-activity-basics/adding-children-adolescents/index.html>

<https://www.cigna.com/es-us/knowledge-center/hw/temas-de-salud/consejos-precios-zx3509>

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