

Moving in-the-midst of COVID-19



Physical Activity for Mental Focus

Physical activity improves focus on (home)school tasks.

Acute and habitual moderate-to-vigorous physical activity can improve attention, memory, and academic performance for youth ages 5-13.

https://health.gov/sites/default/files/2019-09/PAG_Advisory_Committee_Report.pdf

Exercise Intensity

Low Intensity

Can easily talk and sing without breathing hard

Moderate Intensity

Can comfortably talk, but can't sing

Vigorous Intensity

Can only say a few words before gasping for breath

At-Home Activities

Take a break from your daily routine to fit in some moderate-to-vigorous physical activity!

- Make an **indoor obstacle course**
- **Ride** a bike, scooter, or skateboard around your neighborhood (*Practice social distancing and wear a protective face covering when interacting with others outside your home*)
- Take a brain-break by **watching an activity video** from Move to Learn

Physical Activity Resources

- Move to Learn ([website](#))
- BE Physically Active 2Day videos ([website](#))

Youth ages 6-17 should strive for \geq **60 minutes/day** of moderate to vigorous physical activity. **Do it all at once or break it up throughout the day.** Include muscle strengthening activities 2 times per week and bone building activities 3 times per week!

