



My Play

Be Active Your Way



MyPlay explains active aerobic play for adults and kids. Adults and kids need active play to stay healthy. Active play is any play that gets you moving and increases your heart rate. Active play can be moderate or vigorous. Look inside to find out more.

Why is active play important?



- It keeps your heart strong.
- It keeps your bones and muscles strong.
- It decreases the chances of chronic health problems like type 2 diabetes and high blood pressure.



Active play may help prevent heart disease. It's easier for a strong heart to pump blood. Active play makes your heart beat faster than when you are resting. Active play can be moderate or vigorous.



Kids, ages 5-17, need 60 minutes or more of active play every day.

Adults need a total of 150 minutes of active play each week. This can be done 30 minutes at a time, five days a week. If you like, you can do 10 minutes at a time, three times a day over five days.

For detailed information on MyPlay go to www.CAChampionsForChange.net

Heart Rate

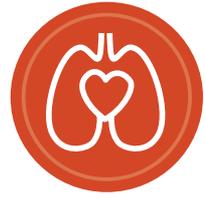
The number of times your heart beats in one minute is your heart rate. You can check your heart rate to find out if you are doing moderate play or vigorous play. Most adults have a resting heart rate of 60 to 100 beats a minute. Your resting heart rate is when you are not playing. To find your resting heart rate you can take your pulse.

1. Hold out your left hand palm up.
2. Place the first two fingers of your right hand at the base of the thumb on the left hand.
3. Press lightly to feel your pulse or beat.
4. Start the count on the first beat, which will count as “zero.”
5. Count the number of beats for one minute, which will be your heart rate. You can also count the beats for 10 seconds and multiply by 6.



Another way to tell what type of play you are doing is by talking. If you can say more than a few words at a time you are likely doing moderate play. If you can only say a few words in one breath you are likely doing vigorous play.

Active Aerobic Play for Adults

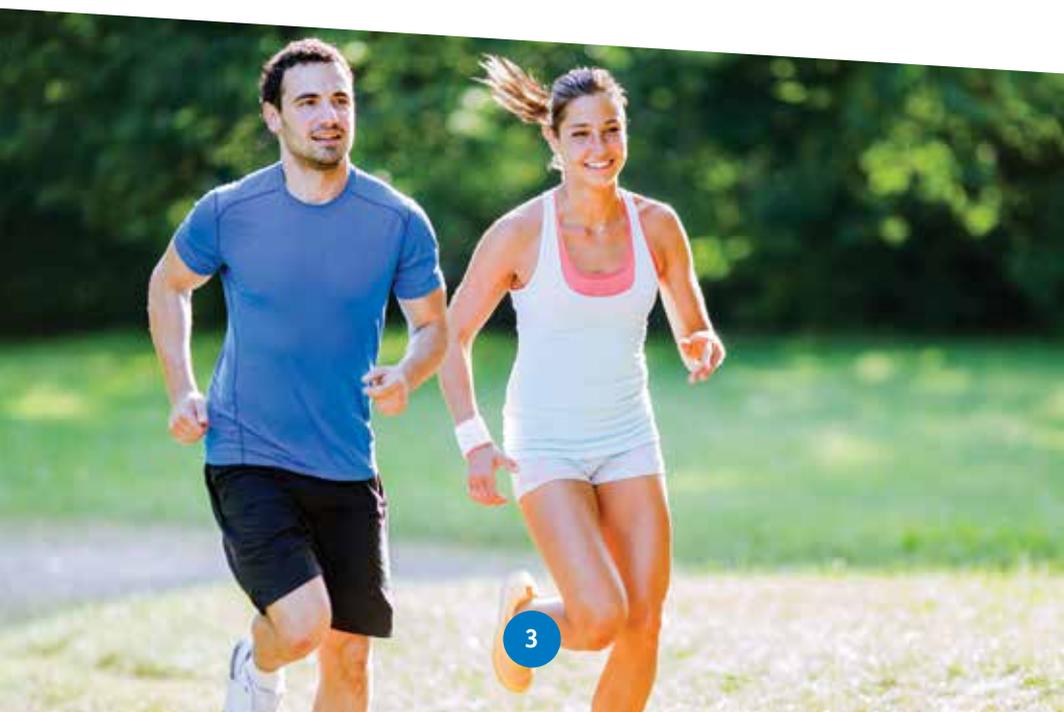


Moderate play is any play that makes your heart beat faster than when you are resting. Moderate play will also make you breathe faster than when you are resting. Adults need 150 minutes of moderate play each week.

- Moderate play will make your heart beat about 50 times more per minute than your resting rate.

Vigorous play is play that is faster than moderate play. It will make your heart beat faster than moderate play. Adults can spend less time during the week doing vigorous play to stay healthy.

- Vigorous play will make your heart beat about 65 to 70 more times a minute than your resting rate.
- Adults can do 75 minutes of vigorous play a week.
- See a doctor before you start any vigorous play.



Adult Aerobic Play can be Moderate or Vigorous:

Moderate Play

(150 minutes a week)



Walking up to 4 miles
an hour



Riding a bike on
level ground*



Playing in a swimming pool

Vigorous Play

(75 minutes a week)



Running 5 miles an hour
or faster



Riding a bike uphill or faster
than 10 miles per hour*



Swimming laps in a pool

*Always wear a helmet when riding a bicycle

Strong Bones for Adults

Weight bearing play keeps your bones healthy and strong. Weight bearing play is any play where you use your feet and legs to support your body weight.



- Make bone strengthening play part of your daily play.
- Do bone strengthening play three days a week.

Adult play that makes bones stronger includes:



Hiking



Jogging or
Running



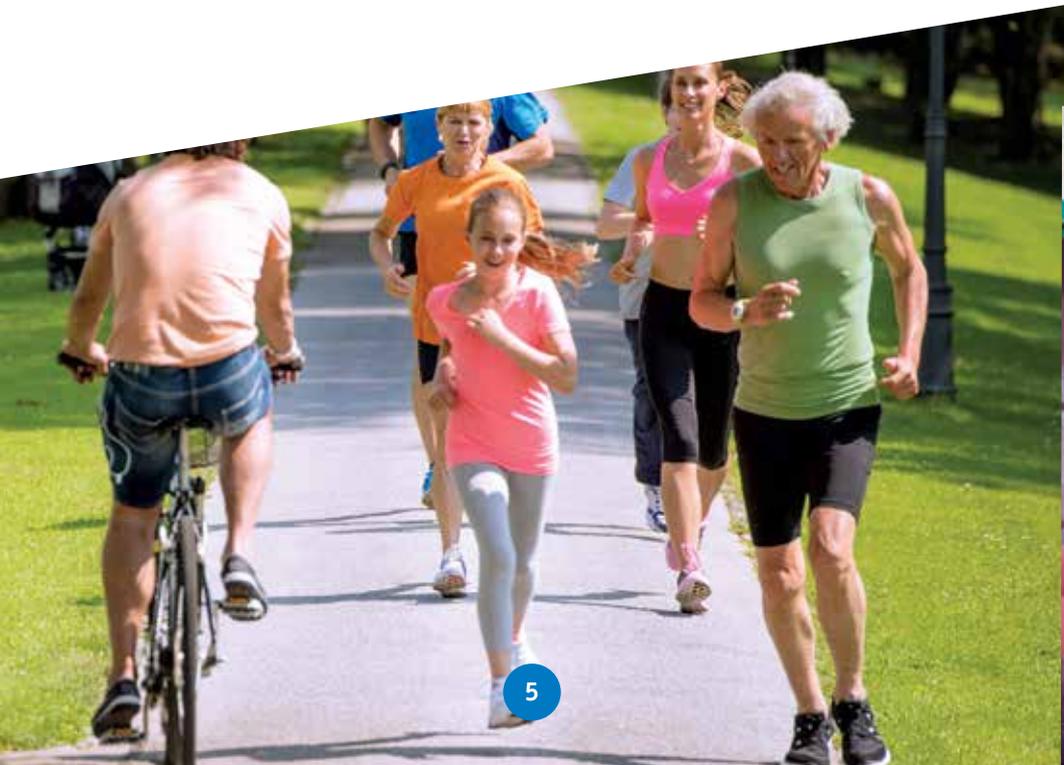
Basketball



Tai Chi



Soccer



Strong Muscles for Adults



Play where you use force to move your body or move a heavy object will help keep your muscles strong. Lifting a weight or pulling on a resistance band will cause your muscles to contract and help keep them strong.

- Adults should do muscle strengthening two or more days a week.
- Include large muscle groups: legs, back, shoulders and arms.

Adult play that makes muscles stronger includes:



Lifting weights



Resistance bands



Swimming



Yoga

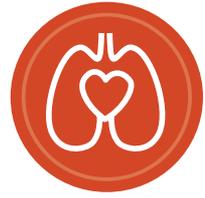


Bike riding uphill*

* Always wear a helmet when riding a bicycle



Active Aerobic Play for Kids



Kids under 10 have a resting heart rate of 70 to 120 beats per minute. With kids, moderate play will make their heart rates faster than when they are resting. It may also make them breathe faster.

Vigorous play makes their hearts beat faster than moderate play. They will breathe faster and deeper and may begin to sweat.

- Kids should do 60 minutes of active play every day.
- Active aerobic play should make up most of a kid's 60 minutes of daily play time.

For information on taking your kid's heart rate, see page 2.



Types of Active Aerobic Play for Kids:

Moderate Play	Vigorous Play
 <p>Walking up to 4 miles an hour</p>	 <p>Running 5 miles an hour or faster</p>
 <p>Riding a bike on level ground*</p>	 <p>Riding a bike uphill or faster than 10 miles per hour*</p>
 <p>Playing in a swimming pool</p>	 <p>Swimming laps in a pool</p>
 <p>Playing catch</p>	 <p>Playground games or team sports</p>

*Always wear a helmet when riding a bicycle

Strong Bones for Kids



The more work bones do, the stronger they get. Active play is great for your kids, but the best type for their bones is weight-bearing play. Weight-bearing play is any play where they use their feet and legs to support their body weight.

- Strong bones keep the body healthy and prevent injuries.
- Bone strengthening play should be part of a kid's daily play.

Play that makes a kid's bones strong includes:



Going up and down stairs



Dancing



Jump rope



Jogging or running



Soccer



Strong Muscles for Kids



Strong muscles help with your kid's posture and balance. Kids can keep their muscles strong with active play. Any active play where kids use muscles to move their body weight will help keep their muscles strong.

- Kids can move their bodies by walking, running or climbing.
- Include play that makes muscles strong at least three days a week.

Kids play that makes muscles stronger includes:



Bike riding uphill*



Baseball or Softball*



Climbing



Taking Stairs



Running

* Always wear a helmet when riding a bike, playing baseball or softball



Water

Your body needs water to stay healthy and to keep you going during active play. When you're playing you are more likely to lose water. Heavy breathing and sweating are two ways you can lose water. You will need to drink more water (stay hydrated) if you're sweating a lot or if it's hot. Here are a few simple tips to help you stay hydrated.



- Drink water before, during and after play.
- Drink water before you are thirsty.
- Drink water when you finish playing to help cool down.



Steps for Making Safe and Open Places to Play



It's important to have a safe place to play. Schoolyards are often closed after school. Parks may not be safe. The roads to local parks may have traffic or need a bike lane to be safe. To keep a local school yard open or make your local park a safe place for play, follow these steps:

Step 1: Form a group with friends and neighbors and talk about what you would like to do.

Projects to consider when creating safe places to play:

- Add or repair bike lanes for safe routes to schools and parks.
- Keep school gyms and green spaces open for everyone to use after school hours and on weekends.
- Create safe and well-lit sidewalks to promote walking and use by people with limited mobility.
- Improve water stations in schools and parks for easy access to clean drinking water.



Step 2: Get help from respected community leaders:

- Team up with community and faith leaders.
- Ask local non-profits or youth groups to join your cause.

Step 3: Take your issues to key decision makers:

- Talk to City Parks staff about needed repairs.
- Encourage your group to talk to local police and traffic safety officials to express your concerns.
- Talk with school staff or the local school district about keeping school yards open after school hours with Joint Use agreements.
- Get on the agenda of the City Council or Board of Supervisors meeting. Talk about your concerns and what you would like to see done.



For more consumer information, visit us at:

www.CaChampionsForChange.net

The California Department of Public Health, with funding from the United States Department of Agriculture's Supplemental Nutrition Assistance Program – USDA SNAP, produced this material. These institutions are equal opportunity providers and employers. For important nutrition information, visit www.CaChampionsForChange.net.

