



The goal of Get Movin' Randolph County is to help people live healthier lives through physical activity. Establishing a healthy routine for children along with parent's good example lays the foundation for a child's lifelong healthy habits.

## Family Fitness Diary

### Benefits of Exercise:

- Control weight
- Decrease chances of diabetes
- Control blood pressure
- Manage stress & sleep better
- Improve mood
- Strengthen bones
- Lower chances of getting cancer

### Besides these benefits, children who are active at the appropriate level:

- Have better attendance at school
- Do better in school
- Have fewer behavior /discipline problems

### How much activity do adults need?

Guidelines for adults 19-64 of age are to get 150 minutes of moderate activity per week or 75 minutes of vigorous activity per week. It is also recommended that adults do exercises to make their muscles work harder than usual two times a week

### How about kids?

Children over six through adolescence need 60 minutes of exercise that make their heart beat faster (aerobic exercise) per day. Children also need muscle strengthening exercises (like tug of war, weight / band work, push-ups, climbing) three times a week as well as bone strengthening exercises like running or jumping.

Setting goals is an important part of understanding what exactly you are looking to get out of fitness/exercise.

**SMART goals are Specific, Measurable, Attainable, Relevant, and Time-bound.**

**Specific** goals expand on the goals you just checked. Selecting a type of vigorous or moderate exercise you wish to add.

**Measurable** goals are expressed in the number of minutes or days you want to reach for by the end of the month. However, you want to consider being incremental. If you aren't exercising AT ALL, your first step shouldn't be to reach for 30 minutes of vigorous exercise every day.

**Attainable** goals take into consideration your level of fitness, your health, and other factors that impinge on your day, like a job, caring for a loved one, doing volunteer work. Be realistic.

**Relevant** goals pertain to moving more. This campaign gives you many options, after all it's all about moving your way. Whether it's dancing, gardening, or walking, it all counts and will lead you to better health.

**Time bound** for the campaign's purpose is for the month of April 2024. However, we hope you keep setting more goals for yourself with time parameters.

### EXAMPLE GOALS

- For the last week of April, I will shorten my TV viewing and couch-time in the evening by 30 minutes (doing chores inside or outside of the house).
- During the month of April, I will walk my child to and from school two days a week.

**Now list at least one SMART goal for the whole family AND for EACH MEMBER OF THE FAMILY for the month of \_\_\_\_\_:**

FAMILY GOAL(S) FOR THE MONTH OF \_\_\_\_\_:

GOAL 1: \_\_\_\_\_

GOAL 2: \_\_\_\_\_

INDIVIDUAL GOAL(S) FOR THE MONTH OF \_\_\_\_\_:

NAME / GOAL: \_\_\_\_\_

NAME / GOAL: \_\_\_\_\_

NAME / GOAL: \_\_\_\_\_

NAME / GOAL: \_\_\_\_\_

Progress Towards Goals Week One

INSERT DATE

Family Goal Progress:

Individual Goal Progress:

Progress Towards Goals Week Two

INSERT DATE

Family Goal Progress:

Individual Goal Progress:

Progress Towards Goals Week Three

INSERT DATE

Family Goal Progress:

Individual Goal Progress:

Progress Towards Goals Week Four

INSERT DATE

Family Goal Progress:

Individual Goal Progress:

## It's been 4 weeks how's it going??



Have you met the goals you set?  
If not, do you need to modify your goals?

What goal(s) do you have for the next four weeks?

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What goal(s) do you have by the end of the summer?

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We hope you've continued your fitness program and have met your goals for the campaign. If you've stuck with it for a month, you are on your way to having a new healthy habit.

We challenge you to continue your new healthy habit and become an advocate for physical activity. Your example is a powerful prompt for your friends and neighbors. If you have children or grandchildren, you are sending an important message and example for them to follow.

**Keep up the good work!**

If you have any questions, contact:  
**Randolph County Health Department**

### **Adult Safety Considerations:**

If you have not been active, you may want to check with your health provider before starting an exercise program. If you have chest tightness, chest pain, irregular heartbeat, dizziness, or lightheadedness you should check in with your provider before getting started. Likewise, if you have poorly controlled blood pressure or diabetes, talk with your provider.

### **Additional Considerations for Children:**

- Make sure the chosen activity is appropriate for your child's age
- Don't forget other important lessons to be learned from competition like sportsmanship, coping with disappointment, and perseverance
- Be realistic in your expectations and help your child set their own expectations
- Provide adequate supervision
- Make sure they have needed safety Equipment
- If child has health concerns (asthma, allergies, musculoskeletal problems), check with their provider