

## **Active Living/Physical Activity Policy and Recommendations**

### **Origination Date:**

### **Effective Date:**

**Policy:** It is the policy of the organization that all children/youth will participate in physical activity while attending organization programming. The organization will strive to achieve the goal of providing 60 minutes of moderate to vigorous age-appropriate and lifetime-oriented activity as part of its larger goal of promoting active living to all participants and employees.

**Purpose:** This organization provides a variety of physical activity programming across all ages. The organization recognizes the importance of physical activity and reduced sedentary time for enjoyment, health benefits, and specifically as an important tool to prevent childhood obesity. It is this organization's responsibility to provide physical activity on a daily basis for the youth. Staff at the organizations should serve as role models of health for the youth. The organization strives to be a community resource for age-appropriate and culturally-appropriate physical activity opportunities for youth and their families as well as staff.

### **Definitions:**

**Physical activity:** Any body movement caused by the muscles that results in increased energy expenditure.

**Moderate to Vigorous Physical Activity:** On a 10-point scale, where sitting is 0 and working as hard as you can is 10, moderate-intensity aerobic activity is a 5 or 6. It will make you breathe harder and your heart beat faster. You will also notice that you will be able to talk, but not sing the words to your favorite song. Vigorous-intensity activity is a 7 or 8 on this scale. Your heart rate will increase quite a bit and you will be breathing hard enough so that you will not be able to say more than a few words without stopping to catch your breath.

**Age-appropriate physical activity:** Some physical activity is better-suited for children than adolescents. For example, children do not usually need formal muscle-strengthening programs, such as lifting weights. Younger children usually strengthen their muscles when they do gymnastics, play on a jungle gym or climb trees. As children grow older and become adolescents, they may start structured weight programs. For example, they may do these types of programs along with their football or basketball team practice. From the Centers for Disease Control and Prevention (CDC) Physical Activity for Everyone Guidelines (<http://www.cdc.gov/physicalactivity/everyone/guidelines/children.html>)

Lifetime-oriented physical activity is any type of physical activity that helps protect against chronic diseases and improve health and quality of life.

Active Living is a way of life that integrates physical activity into daily routines. The goal is to accumulate at least 30 minutes of activity each day. Individuals may achieve this by walking or bicycling for transportation, exercise or pleasure; playing in the park; working in the yard; taking the stairs; and using recreation facilities. From Active Living By Design at the University of North Carolina at Chapel Hill (<http://www.activelivingbydesign.org/about-albd>)

Sedentary behavior refers to activities that do not increase energy expenditure substantially above the resting level and includes activities such as sleeping, sitting, lying down and watching television, and other forms of screen-based entertainment. (Pate, O'Neill, and Lobelo, 2008)

**Background:** Regular physical activity improves muscular strength and endurance, flexibility, and cardiovascular endurance (National Association for Sport and Physical Education, 2004). In addition to physical benefits, regular physical activity is related to children's perception of achievement, competence, and intention to be active (Sallis, Prochaska, & Taylor, 2000). Achieving optimal health includes a combination of strategies to promote positive nutrition, regular physical activity, and stress management (US Surgeon General, 2010).

Centers for Disease Control and Prevention – The Physical Activity for Everyone Guidelines includes recommendations for physical activity based upon the most recent available evidence. The overarching concept that serves as the basis for this policy is that children and adolescents should do 60 minutes or more of age-appropriate physical activity each day that includes a variety of aerobic, muscle, and bone-strengthening activity.

When achievable, physical activity programs should also include the following components:

1. Prepare all children for an active adulthood and reinforce behaviors that promote positive health
2. Low cost, minimal equipment, and appropriate
3. Population-based, enjoyable and appropriate activities

## **Recommendations:**

### ☐ **FITT = Frequency, Intensity, Time, and Type:**

Physical Best (Physical Best 2nd Ed., National Association for Sport and Physical Education, Champaign, IL: Human Kinetics 2005) uses the acronym FITT as a guideline toward improving health and fitness and provides a label and description for the types of activities for positive health.

F = Frequency and describes how often an activity should occur.

I = Intensity and answers the question of “how hard” the activity should be for improved fitness. T = Time and describes how long an activity should occur.

T = Type and describes what kind of activity is necessary for improving and maintaining fitness. The acronym provides a “recipe” for applying principles of fitness for children.

### ☐ **Aerobic Activity**

Most of the 60 minutes of physical activity should be either moderate or vigorous intensity at least 3 days per week. Aerobic fitness is the ability to perform large muscle, dynamic, moderate to high intensity exercise for prolonged periods. Running, hopping, skipping, jumping rope, swimming, dancing, and bicycling are all examples of aerobic activities. Aerobic activities increase cardio-respiratory fitness.

	Guidelines for Aerobic Activity -- Children Ages 5-12
<b>Frequency</b>	<ul style="list-style-type: none"><li>• Developmentally appropriate physical activity on all or most days of the week</li><li>• Several bouts of physical activity lasting 15 minutes or more daily</li></ul>
<b>Intensity</b>	<ul style="list-style-type: none"><li>• Mixture of moderate and vigorous intermittent activity</li><li>• Moderate = low intensity games (hopscotch, four square), low activity positions (goalie, outfielders), some chores, yard work</li><li>• Vigorous = games involving running, chasing, playing sports (Level 2 of the Activity Pyramid) (see figure 1 below)</li></ul>
<b>Time</b>	<ul style="list-style-type: none"><li>• Accumulation of at least 60 minutes, and up to several hours of activity</li><li>• Up to 50% of accumulated minutes should be in bouts of 15 minutes or more</li></ul>
<b>Type</b>	<ul style="list-style-type: none"><li>• Variety of activities</li><li>• Activities should be selected from the first three levels of the activity pyramid (1) Everyday Activities, (2) Recreational and Vigorous, and (3) Leisure &amp; Playtime and Strength Exercises)</li></ul>

### ☐ **Muscle-strengthening Activity**

This is any type of activity that increases the ability of a muscle or muscle group to exert force (from American College of Sports Medicine. A child perceives this as the ability to act independently, or to lift and carry objects without assistance. Muscle-strengthening activities

can be unstructured and part of play, such as playing on playground equipment, climbing trees, and playing tug-of-war. Or these activities can be structured, such as lifting weights or working with resistance bands.

<b>Ages</b>	9-11 Years	12-14 years
<b>Frequency</b>	2-3 times per week	2-3 times per week
<b>Intensity</b>	Very light weight	Light weight
<b>Time</b>	At least 1 set, may do 2 sets 6-15 repetitions At least 20-30 minutes	At least 1 set, may do 3 sets 6-15 repetitions At least 20-30 minutes
<b>Type</b>	Major muscle groups, one exercise per muscle or muscle group	Major muscle groups, one exercise per muscle or muscle group

☐ **Bone-strengthening Activity**

This type of activity produces a force on the bones that promotes bone growth and strength. This force is commonly produced by impact with the ground. Running, jumping rope, basketball, tennis, and hopscotch are all examples of bone strengthening activities. As these examples illustrate, bone-strengthening activities can also be aerobic and muscle-strengthening.

**Resources:**

**Physical Activity Guidelines for Americans**

<http://www.fitness.gov/be-active/physical-activity-guidelines-for-americans/>

**ACSM Current Comment on Childhood Obesity**

<http://www.acsm.org/docs/current-comments/childhoodobesitytemp.pdf>

**Centers for Disease Control and Prevention (CDC) Physical Activity for Everyone Guidelines**

<http://www.cdc.gov/physicalactivity/everyone/guidelines/children.html>

## Organization Assessment of Physical Activity

Date Assessed

1. Participated in physical activity
2. Engaged in less than 30 minutes of sedentary behavior at the organization (not counting academic-related sedentary behavior such as doing homework, etc)

<b>Daily Program</b>	<b>Age</b>	<b>Number of Participants</b>	<b>Duration of the session (in minutes)</b>	<b>Question 1 Did your group participate in physical activity today?</b>	<b>Question 2 (Did group engage in less than 30 minutes of non-academic sedentary time today?)</b>
After-school programming (gym games, etc)					
Team Sports					
Individual Sports					
Lifetime Wellness (dance, yoga, zumba, walking, etc)					