

Physical Activity: A Teachable Moment

A teachable moment is an opportunity to use the 6A's to communicate with your child a lesson through sport or life. The effective use of teachable moments requires a parent to have the requisite knowledge of the issue at hand while also having the ability and willingness to discuss the issue with his/her child.

Physical Activity

Requisite knowledge for the parent:

1. Physical activity is when your body is moving. It is the single most important component for good health.
2. Children and adolescents should accumulate at least 30 to 60 minutes of lifestyle physical activity on all or most days of the week. Lifestyle physical activity includes everyday activities such as walking to school, climbing the stairs rather than taking the elevator, or doing chores around the house. For younger children, this would include normal play.
3. Children should be involved in 10 to 15 minutes of moderate to vigorous activity (when the heart is beating quickly) every day. Running, active games, and active play are examples of moderate to vigorous activity.
4. Adolescents should engage in 20 minutes of moderate to vigorous physical activity at least three days per week.

Recognizing a Teachable Moment

Example: You overhear your child complaining about doing chores at home.

Communication Points:

- “Did you know that doing chores is actually good for your body? Anytime you are moving you are being physically active and strengthening both your heart and your muscles, even when you’re cleaning your room or taking out the trash. So, the next time we ask you to help out around the house, think about all the good things that you are doing for your body.”