
Get kids moving for better health.

Regular exercise helps kids sleep better, improves focus, and lowers their risk of anxiety and depression. It also prevents chronic diseases like asthma and diabetes.

Kids should aim for at least one hour of moderate to vigorous activity each day. There are a few different types of exercise. Try to incorporate a mix of all three regularly:

Aerobic

- Running
- Walking
- Swimming
- Biking

Muscle-strengthening

- Climbing
- Swinging
- Gymnastics
- Tug of war

Bone-strengthening

- Hopscotch
- Jump rope
- Tennis
- Basketball



Why cutting back on screen time is key.

Limiting screen time gives kids more hours to play and be active. But the perks don't stop there. Less time on phone, TV, tablet, and computer screens is also associated with:

- Better sleep.
- Healthier body weight.
- Higher grades in school.
- Improved mental health.

To help kids achieve these healthy outcomes, make sure to cap screen time at two hours per day.

Source: Centers for Disease Control and Prevention



Highmark Blue Cross Blue Shield West Virginia is an independent licensee of the Blue Cross Blue Shield Association.