



KEEP KIDS MOVING!

Resources and Recommendations to Help Families Stay Active During COVID-19

Physical activity is essential for healthy child development and improves fitness and brain function. Doctors of BC believes physicians can play a role in encouraging kids to be active. Our annual health promotion campaign, [Be Active Every Day](#), helps kids lead a more active lifestyle and make healthy choices.

It is especially important during COVID-19 to be physically active in order to keep our bodies and minds healthy. Here are resources to support families to be active and stay safe during COVID-19.

Being active outdoors

There are a number of ways to be physically active outdoors and stay safe.

- Active for Life has developed a series of videos showing various types of kid-friendly activities. [Activities for Kids \(all ages\)](#).

DID YOU KNOW?

Children and youth (aged 5-17 years) should be engaging in at least 60 minutes per day of moderate to vigorous physical activity, like going for a brisk walk, dancing, or biking at a medium pace. [Click here to see the 24-Hour Movement and Activity Guidelines for different age categories.](#)

0-4

Early Years (0-4)

Infants, toddlers and preschoolers need to Move, Sleep *and* Sit the right amounts.

[View guidelines](#)

5-17

Children + Youth (5-17)

Guidelines encourage kids to Sweat, Step, Sleep *and* Sit the right amounts each day.

[View guidelines](#)

Source: Canadian Society for Exercise Physiology, www.csep.ca/guidelines



Being active indoors

Did you know that you can also be physically active indoors with little to no equipment?

- ParticipACTION has developed a resource guide of activities you can do with your family indoors: [No gym. No park? No problem! Introducing our physical activity resource guide.](#)
- Sport for Life has also developed a series of videos called "[Physical Literacy at Home](#)" that guides parents through physical activities they can do in the house with their kids.



Physical activity for those with disabilities

There are a number of ways to be active when living with a physical or intellectual disability.

- Special Olympics BC has a list of guides and videos on at-home activities for children and youth with intellectual disabilities. [Young Athletes At-Home Resources.](#)
- For those with physical disabilities or limited movement, [SelfAdvocate.net](#) has a number of videos you can follow.

Organized sports

For children and youth participating in organized sports, local sport organizations have developed COVID-19 policies relevant for returning to sport. Click below to see the guidelines and resources from viaSport and Active & Safe BC.

- [viaSport Return to Sport Guidelines for BC](#)
- [Active & Safe BC](#)



Be active, be safe

Staying physically active during COVID-19 is important for both your physical and mental health. There are ways to be active while staying safe and protecting others.

- Come to activities prepared. Bring enough water and arrive in your workout clothes.
- Wash your hands before and after participating in activities.
- Maintain physical distancing (2 metres) from coaches and other players.
- Stay at home if you have been feeling sick or unwell.

For the most up-to-date information on COVID-19, visit the [BC Centre for Disease Control website.](#)

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DID YOU KNOW?

There are a number of **FREE** apps and resources available to help you and your family be active!

The [KidActive](#) web app provides dozens of games and activities to develop your kids' physical literacy.

The YMCA has developed a number of free workout and activity videos for all ages. [YGym](#) offers physical activity videos for kids aged 5-15 and videos on sport skills.

[Get In Motion](#) provides Canadians with physical disabilities an opportunity to speak with a Physical Activity Coach for free. These coaches can provide support to start or maintain an at-home physical activity program.

Live 5-2-1-0 offers free resources to support parents to achieve a healthier lifestyle for their families, including healthy eating, physical activity, and reducing screen time. [How to live 5-2-1-0 while staying at home during COVID-19.](#)

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