



**CORVALLIS & ALBANY  
SPORT & SPINE  
PHYSICAL THERAPY**



## Kids 1K “Training” (Playing) Plan for Fall Festival Fun Run 2019

### Kids 1K Fun Run

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Sept 16	Usual playing	Usual playing	Usual playing	Usual playing	Usual playing	Park day	Family Fun
Sept 23	Family Walk	Hide and seek	Family Fun	Sports Day	Family Walk	Family Fun	<b>1k (.621 miles)</b>

**FUN RACE DAY!**

This is intended to be 100% fun and 0% intense. It’s intended to be 100% participation by the parent, 0% looking at your phone or ignoring your kid.

**Park Day Ideas:** just free play and have fun! Play tag on the play structure or out in a field; time how fast you can do a set course such as run up the stairs and down a slide, etc; make up an “obstacle course” and race each other

**Family Fun:** anything your family enjoys doing together!

**Family Walk:** this can include a walk, bike ride, etc. Kid can bike while you walk

**Hide and Seek:** this can be inside or outside; for more fun, make it a tag game where you have to chase each other and tag each other

**Sports Day:** play any sport together: this could be your usual ball sports, but could be something else like spike ball, frisbee catch or golf, etc.

**WHO Recommendation of Activity for kids 5-17:** *at least* 60 minutes of moderate to vigorous physical activity DAILY

- This should include strengthening activities 3x/week (see included PDF)

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# Global Recommendations on Physical Activity for Health

## 5–17 years old

The scientific evidence available for the age group 5–17 years supports the overall conclusion that physical activity provides fundamental health benefits for children and youth. Appropriate levels of physical activity contribute to the development of:

- healthy musculoskeletal tissues (i.e. bones, muscles and joints);
- healthy cardiovascular system (i.e. heart and lungs);
- neuromuscular awareness (i.e. coordination and movement control); and
- It also facilitates maintenance of a healthy body weight.

Moreover, physical activity has been associated with psychological benefits in young people by: improving their control over symptoms of anxiety and depression; and assisting in social development by providing opportunities for self-expression, building self-confidence, social interaction and integration.

### Recommendations:

For children and young people, physical activity includes play, games, sports, transportation, chores, recreation, physical education, or planned exercise, in the context of family, school, and community activities. The recommendations to improve cardiorespiratory and muscular fitness, bone health, and cardiovascular and metabolic health biomarkers are:

1. Children and youth aged 5-17 should accumulate at least 60 minutes of moderate - to vigorous-intensity physical activity daily.
2. Amounts of physical activity greater than 60 minutes provide additional health benefits.
3. Most of the daily physical activity should be aerobic. Vigorous-intensity activities should be incorporated, including those that strengthen muscle and bone, at least 3 times per week.

These recommendations are relevant to all healthy children aged 5–17 years, unless specific medical conditions indicate to the contrary, irrespective of gender, race, ethnicity, or income level. Whenever possible, children and youth with disabilities should meet these recommendations. However they should work with their health care provider to understand the types and amounts of physical activity appropriate for them considering their disability.

If children are currently doing no physical activity, doing amounts below the recommended levels will bring more benefits than doing none at all. They should start with small amounts of physical activity and gradually increase duration, frequency and intensity over time.

The concept of accumulation refers to meeting the goal of 60 minutes per day by performing activities in multiple shorter bouts spread throughout the day (e.g. 2 bouts of 30 minutes), then adding together the time spent during each of these bouts.

For further information see: <http://www.who.int/dietphysicalactivity/pa/en/index.html> or contact WHO on [dietandhealth@who.int](mailto:dietandhealth@who.int)