

**Nurse`s Corner**



**Children aged 5 to 12 years old and adolescents aged 12 to 17 years old**

Children and adolescents should engage in at least 1 hour a day of moderate to high intensity physical activities. They must include activities that strengthen muscles and bones at least 3 times a week.

The more active children and adolescents are, the more they reap the benefits.

**Examples of recommended activities**

- Push-ups with knees to the floor
- Strength exercises using body weight or elastic bands
- Skipping with a jump rope or a Whip 'n Skip ankle rope
- Running
- Playing sports such as gymnastics, basketball , volleyball or tennis

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