

**Attachment P:
ODPHP Physical Activity Guidelines, 2nd Edition
Stimulus Materials for Child Focus Groups**

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Submitted to:

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Participants will be asked to look at two physical activity related materials during the focus groups. The moderator will ask participants to discuss what they like and don't like about the materials.

Handout

[Be a Fit Kid: 10 Tips for Being Active Every Day](#)

Length: 1 page

Description: Activity suggestions from the USDA for 8-12 year olds

More information from source: "Fit kids are physically active and play for at least 1 hour every day. Look for ways to make physical activity a part of your day. Do activities that build your muscles, get your heart pumping, and make you feel good about yourself."

MyPlate Kids' Place

be a fit kid

10 tips for being active every day

Fit kids are physically active and play for at least 1 hour every day. Look for ways to make physical activity a part of your day. Do activities that build your muscles, get your heart pumping, and make you feel good about yourself.

- 1 tie up your laces and walk**
Go for a walk around your neighborhood or walk to your friend's house instead of taking the bus or asking for a ride. Forget the elevator and take the stairs every chance you get! Remember to be safe by using sidewalks and crosswalks.
- 2 turn up the music**
Shake, rattle, and roll to your favorite songs. Turn on some hip hop, country, salsa, or pop music and move your body. Dancing is a great way to get some physical activity.
- 3 ride a bike**
Grab your helmet and safety gear and go for a bike ride. Ride your bike to school or grab your friends and enjoy a ride in the neighborhood.
- 4 join a team**
Show your team spirit and join a sport at your school or community center. There are tons of fun teams such as basketball, baseball, gymnastics, dancing, soccer, swimming, and tennis. Choose an activity that you like and have fun!
- 5 go out and play**
Ditch the TV and go outside with friends, family, and even your pets! Walk your dog. Make a snowman. Fly a kite. Have a Hula-Hoop contest. Play basketball with friends. Try jumping rope. Or simply play a game of tag.
- 6 dive right in!**
Go to your local indoor or outdoor pool and swim. Swim laps, play water games with friends, or have diving contests for fun.
- 7 get paid to be fit**
Earn extra cash by mowing lawns, washing cars, shoveling snow, or walking dogs for your family or for your neighbors. Listen to music while you work to keep you going.
- 8 try skating or skateboarding**
Grab your friends and go to a local park or indoor skating rink! It's easy to learn and a great way to be active while still having fun! Remember to wear your helmet and safety pads.
- 9 plant a garden**
Plant and grow flowers, fruits, and vegetables with your family, or even with your friends! Creating a garden is tough work and a good way to keep fit. Be sure to check on your plants and water them every day!
- 10 stuck inside?**
Play a game of hide-and-seek or plan a scavenger hunt in your house with friends and family. Another great way to stay active indoors is by doing crunches and jumping jacks—see how many you can complete!

Tracker

Length: 1 page

Description: Physical activity tracker from HealthyKids (www.healthykids.nsw.gov.au)

More information from source: "Print this page each week and record your physical activity type and duration in the table below. Aim for at least 60 minutes each day."

Activity Diary

Print this page each week and record your physical activity type and duration in the table below. Aim for at least 60 minutes each day.

Date:

	Before school / morning	During school / daytime	After school / afternoon	Evening	Total (time)
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Video (will only be shown to participants if time allows)

[Fuel Up to Play 60 Kickoff Dance](#)

Length: 1:26

Description: Dance video by Fuel Up to Play 60

More information from source: "It's fun. It's catchy. It's the dance you've been waiting for. Learn more about how to kick off Fuel Up to Play 60 at your school today: <http://bit.ly/2x9YIL7>"

