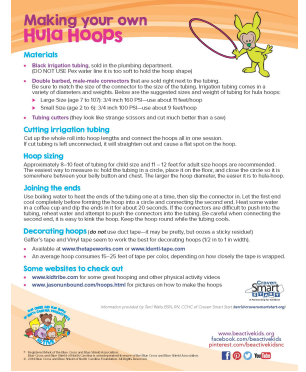
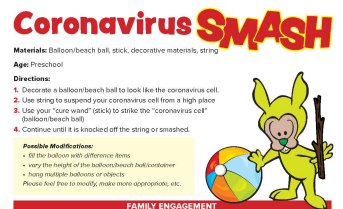


BE ACTIVE KIDS®

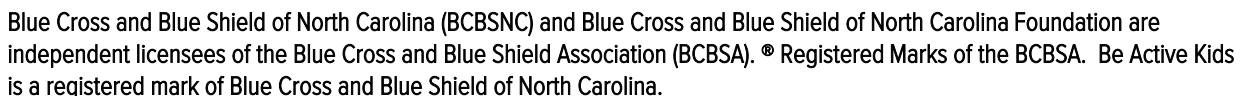
Be Active Kids DIY Activites



Check out our latest DIY videos on [YouTube](#)



Be Active Kids Worksheets



Resources List by Be Active Kids

BE ACTIVE KIDS®

BE ACTIVE KIDS®

1,100 Trainers Trained
7,500 Child Care Providers Trained
65,000 Children Reached

NEWS & EVENTS

ABOUT US

IMPROVING
We're committed to improving physical activity and wellness practices in NC child care centers, schools, and homes.

PROVIDING
We're committed to providing the best physical activity and nutrition resources and professional development across North Carolina.

CONNECTING
We're committed to developing and maintaining strong relationships around children's health.

Blue Cross and Blue Shield of North Carolina Foundation

Blue's Blog

Be Active Kids Website
www.beactivekids.org

Health Strides for Child Care Providers Physical Activity Section

GO for 21

(1) Before you begin 21 Simple Strides, record your steps in activity time daily for 3 days (P1, P2, & P3).
(2) If using a pedometer, use Formula A on the next page. Find your daily average. If you are not using a pedometer but using activity time, use Formula B.
(3) Set a daily goal or use one provided below. Gradually increase your steps in activity time everyday to reach your duration goal by the 21st day.

| Day | Date | Number of Steps | Activity Time | Activity |
|---------|-----------|-----------------|---------------|-----------------|
| example | 8/22/2020 | 14,500 | 15 min | Walking at work |
| P1 | | | | |
| P2 | | | | |
| P3 | | | | |
| 1 | | | | |
| 2 | | | | |
| 3 | | | | |
| 4 | | | | |
| 5 | | | | |
| 6 | | | | |
| 7 | | | | |
| 8 | | | | |
| 9 | | | | |
| 10 | | | | |
| 11 | | | | |
| 12 | | | | |
| 13 | | | | |
| 14 | | | | |
| 15 | | | | |
| 16 | | | | |
| 17 | | | | |
| 18 | | | | |
| 19 | | | | |
| 20 | | | | |
| 21 | | | | |

GO for 21 FORMULAS

Formula A: Determining the number of STEPS you need to increase each day to meet your goal.

Find daily average steps: $\frac{\text{Total Steps in 3 days}}{3} = \dots$ Daily Step Average

Find daily number of steps you will need to increase: $\text{Goal} - \text{Daily Step Average} = 21$ Steps to increase steps by each day

Example A:
Find daily average steps: $\frac{5359}{3} = 1786$
Find daily number of steps you will need to increase: $10000 - 1786 = 8214$ Steps to increase steps by each day

Suggestions for Step Number Goal:
4000 steps - helps prevent chronic disease
8000 steps - improves fitness levels
10,000 steps - weight loss

Formula B: Determining the number of MINUTES you need to increase each day to meet your goal.

Find daily average minutes: $\frac{\text{Total Minutes in 3 days}}{3} = \dots$ Daily Average Minutes

Find daily number of minutes you will need to increase by the 21st Day: $\text{Goal} - \text{Daily Average} = 21$ Minutes to increase minutes by each day

Example B:
Find daily average minutes: $\frac{70}{3} = 23$
Find daily number of minutes you will need to increase by the 21st Day: $60 - 23 = 37$ minutes to increase minutes by each day

Suggestions for Physical Activity Time Goal:
20 minutes - helps prevent chronic disease
40 minutes - improves fitness levels
60 minutes - weight loss

Increasing your total amount of physical activity time each day should be your primary goal.

Dedicated to improving the health and well-being of North Carolinians

Be Active with Blue Campaign

Go for 21 Challenge

21 day personal physical activity challenge
to create healthy habits



Join the Be Active Kids Network



Blue Cross and Blue Shield of North Carolina (BCBSNC) and Blue Cross and Blue Shield of North Carolina Foundation are independent licensees of the Blue Cross and Blue Shield Association (BCBSA). ® Registered Marks of the BCBSA. Be Active Kids is a registered mark of Blue Cross and Blue Shield of North Carolina.