

Moving to a healthy liver

Reducing sedentary & screen time

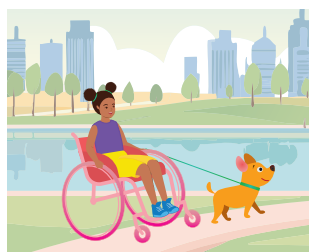


It is important to interrupt prolonged sitting time (every 45 minutes) with short bouts of exercise or activity: *2 - 3 minutes of stretches, 1 leg squats, & jumping*



Increasing daily activity

EVERYDAY ACTIVITIES ALSO MAKE A DIFFERENCE!



HOBBIES CAN PROMOTE PHYSICAL ACTIVITY!

Exercise/activity

(Source: <https://www.cdc.gov/physicalactivity/basics/age-chart.html>)

Preschool Children (2-5 Years) And Family

- Recommend physical activity throughout the day through enjoyable activities, short bursts of exercise, and group play
- Emphasize the importance drinking water rather than sugar-sweetened beverages
- Examples: floor activities like gymnastics, Playing tag, tossing balls, tricycling, walking, Visiting the park, stair climbing

Children And Adolescents (6-17 Years)

- ≥1 Hour/day of moderate to vigorous intensity physical activity
- Doing any amount of activity or exercise improves liver health
 - Vigorous activity such as walking, running and swimming
 - Strengthen muscle activity such as push-ups or climbing
 - Lifting light weights or exercise with a resistance band
 - Strengthen bones by running, jumping or doing gymnastics
- Be sure to drink water and not sugar sweetened beverages or sport drinks

The liver will be grateful

Physical activity improve liver and overall health

- ✓ Reduction of hepatic fat independent of weight loss
- ✓ Improvement in hepatic enzyme levels
- ✓ Sustained weight loss maintenance
- ✓ Enhanced physical fitness and exercise tolerance
- ✓ Decrease in abdominal adiposity

