

# Step into health: walk your way to a healthy liver

## Reducing sitting & 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*



## Be as active as you can

### 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

- Physical activity every day, throughout the day, can be done through:
  - Enjoyable physical activities
  - Short bursts of a few minutes at a time
  - Group playing or exercise
- Be sure to drink water and not 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 liver fat independence of weight loss
- ✓ Improved liver enzymes
- ✓ Maintenance of weight loss
- ✓ Improved fitness and exercise tolerance
- ✓ Decreased belly fat

Please note that these are general recommendations and should not be considered a substitute for personalized advice from a professional

