



健康媽媽, 健康寶寶

Lesson 5 Find Fun in Physical Activity – Energy Out

- Being physically active helps you and your child:
 - Burn calories and lose weight
 - Develop physically, mentally, and socially.
- Adults should get about 2 hours and 30 minutes of physical activity a week.
- 3- 5 year old children should get at least 60 minutes a day.

第五課 天天運動，樂在其中

- 運動可以幫助你和你小孩:
 - 燃燒熱量和減輕體重
 - 身體，心理和社交方面上有健康的發展
- 成年人每星期大約要運動 2 個半小時
- 3-5 歲的兒童每天最少需要 60 分鐘運動