

January
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Your Health Matters

Westfield Regional Health Department

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Are you and your family getting enough exercise? Click below and see.

Kids and teens ages 6 to 17 need 60 minutes of activity every day.

Most of their 60 minutes can be **moderate-intensity aerobic activity** — anything that gets their heart beating faster counts.

And at least 3 days a week, encourage them to step it up to **vigorous-intensity aerobic activity**, so they're breathing fast and their heart is pounding.



As part of their daily 60 minutes, kids and teens also need:

Muscle-strengthening activity at least 3 days a week

Anything that makes their muscles work harder counts — like climbing or swinging on the monkey bars.



Bone-strengthening activity at least 3 days a week

Bones need **pressure** to get stronger. Running, jumping, and other weight-bearing activities all count.

AND



January is Cervical Health Awareness Month

About 79 million Americans currently have HPV (human papillomavirus) but there are important steps women can take to stay healthy. [Click here](#) to learn more from the National Cervical Cancer Coalition.



Healthy Sleeping Tips

A good night's sleep is just as important as regular exercise and a healthy diet. Click the image on the right to see if you're getting enough.

