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## Tips to Keep Kids Active During COVID-19

**IRVING TEXAS**—With many summer youth activities cancelled due to COVID-19, the experts at [CareNow](#)<sup>®</sup> are offering advice to families to keep kids physically active during this important and continued time of recommended social distancing.

- Take a walk
- Attend an online exercise class
- Encourage athletes to stay in touch with teammates via FaceTime or other web-based workouts
- Establish an exercise routine and schedule

The [World Health Organization](#) recommends 150 minutes of moderate-intensity or 75 minutes of vigorous-intensity physical activity per week, or a combination of both.

“Cancelled sports and events can be stressful for young athletes, so it’s important that kids stay active and get enough rest,” says Shawn Riley, MD, CareNow regional medical director. “Even though back-to-school schedules may be uncertain right now, parents should still schedule a physical for their child to assure they are healthy and ready for when school sports resume.”

As schools work out details for sports and recreational activities in the fall, it is important that youth are prepared with the sports physical. It is both safe and necessary to receive this routine medical care. North Texas CareNow locations are taking extra measures to ensure patient safety and stringent infection prevention, including:

- Limiting patient companions to only one (1) essential person, if necessary.
- Thorough and regular disinfection of waiting areas, exam rooms and other care areas.
- Screening all patients and companions for fever, respiratory symptoms and travel history.
- Practicing social distancing in waiting areas by providing extra space between seats.
- Universal masking of all patients, visitors and caregivers.
- Web and car check-in to space out arrival times and promote additional social distancing.

Learn more about enhanced safety protections at North Texas CareNow locations [here](#). Parents can skip the back-to-school rush with a discounted [sports physical](#) at CareNow<sup>®</sup> for \$20 until August 31.

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### **About CareNow®**

Since 1993, CareNow® has been committed to providing high-quality family care, urgent care and occupational medicine services in the North Texas area. Open seven days a week and weeknights until 9 p.m., CareNow® has over 30 North Texas locations providing convenient, quality and cost-effective urgent care and is accredited by AAAHC and UCA. CareNow® is affiliated with [Medical City Healthcare](#). Medical City Healthcare has 42 urgent care centers in North Texas.

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