



**To become more active,
take advantage of any
chance to get moving...**

- take walks with your children.
- have your children help you rake leaves or shovel snow.
- play actively with your kids: take a nature hike or play catch.
- check out physical activity programs in neighborhood or community centers and encourage your child to join.
- arrange to have your child walk or ride a bike to school.

If safety is a concern, get together with other parents and take turns walking or biking to school with a group of children.



Let's Get Our Kids Moving!



Physical activities can be fun, and help kids:

- build healthy bones and muscles
- improve strength and fitness
- feel good about themselves

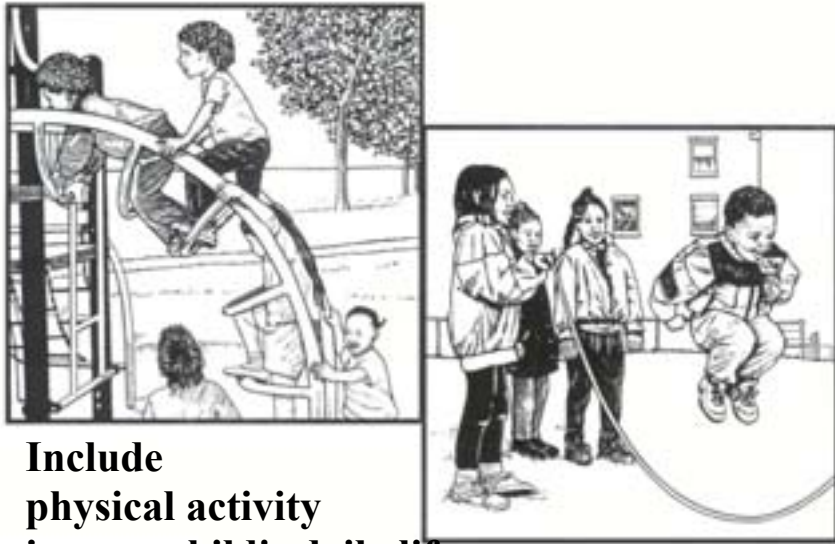
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Include physical activity in your child's daily life:

- children need at least 60 minutes of physical activity every day. It can be done all at once or in several short periods of time during the day.
- set a good example for your children by being active yourself.
- encourage your child to be physically active at school by playing tag and jumping rope, or by taking part in physical education classes and programs.
- encourage your child to be physically active at home by riding bikes and playing with friends.
- encourage your children and other family members to spend more time in active play and less time watching television or using a computer.

Plan to help your child be more physically active:

Write down ideas for increasing your child's activity level and check those that you've done. Activities may include some things your child already does - such as playing with friends at home or on the school playground. These can be done in short spurts, 10 minutes here, 5 minutes there. Try to add up 60 minutes or more over the course of your child's day.

Some things I could do to help my child be more active:	✓
1.	
2.	
3.	
4.	

Remember:

- More physical activity is better than less, and any is better than none.
- Enjoy being active with your child!