

# MOVE AN HOUR (OR MORE) EVERY DAY.

Moving helps your child's brain develop. Everyone in the family needs physical activity for a healthy heart, bones, muscles and brain.

Encourage running, jumping, skipping, hopping – any activity that results in a quicker heartbeat, more breathing and sweating.

Be a good role model and let your child see you being active.



[www.5210go.org](http://www.5210go.org)

Adapted from materials developed by Let's Go!  
[www.letsgo.org](http://www.letsgo.org)



GET ONE HOUR  
OR MORE  
OF PHYSICAL  
ACTIVITY.



# DID YOU KNOW

Physical activity stimulates the brain to grow. The body and brain work together. Children need daily physical activity to develop physically as well as mentally.

Daily physical activity helps children:

- Keep a healthy weight
- Develop strength and flexibility
- Be calmer and more focused

## MOVE AN HOUR OR MORE EVERY DAY!

- Encourage at least an hour of daily physical activity...for kids and adults!
- More than one hour of physical activity is good for children.
- Playing outside encourages running, jumping, skipping and hopping. This builds muscles.



### ENCOURAGE FREE & FUN PHYSICAL ACTIVITY

- Take your child to the park.
- Play tag, jump rope, throw Frisbee, ride bikes.
- Take a walk with the family around the neighborhood.
- Dress your child for the weather and encourage outdoor play.



## MAKE PHYSICAL ACTIVITY EASIER

- Make gradual changes to increase your family's level of physical activity.
- Incorporate physical activity into your family's daily routines.
- Don't let screen time replace play time.
- Choose toys and games that promote physical activity.
- Encourage lifelong physical activity by incorporating physical activity into your routine.
- Keep physical activity fun!



## BE A ROLE MODEL

- Use a pedometer
- Take a walk after dinner.

