



Get 1 hour or more of physical activity everyday!

Make physical activity easier!

- Make gradual change 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 activity into your routine.
 - Keep physical activity fun!
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Move everyday!

- 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!

Did you know?

- Physical activity stimulates the brain to grow. 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

