

SIMPLE TIPS FOR PARENTS

Physical activity can be fun for your children. Children should aim for 60 minutes of physical activity each day. How can we make sure our children are being active?

Create safe places to play:

Watch over your children and provide a great play environment.

Set a good example:

Be active yourself and play with your children.

Promote physical activity:

Encourage children to be active at home, school, and with friends.

Limit sitting around time:

Keep your kids moving and try to cut back on TV, video games, and computers. Try to limit the sitting time to 2 hours per day.

Encourage sport teams:

Organized or neighborhood sports can help kids stay active and develop life-long hobbies.

Make birthday parties active:

Try to organize a party that involves fun physical activities.

Fight for your school physical education classes:

All students should be offered physical education courses.