



# Kids need at least 1 hour of moderate to vigorous physical activity every day.

## ★ Make physical activity a part of every day.

If 60 minutes sounds like a lot right now, help your child start slowly and build up.

## ★ Make it routine.

Make a plan for physical activity. What to do, when to do it. Days often go by quickly, and if you don't have a plan, it likely won't happen.

## ★ Work with your child to figure out what s/he would like to do.

- For programs and classes, ask what your child's school offers after school. You can also check your local community center, YMCA, town recreation department, Boys & Girls Club, college, dance studio, or gym.
- Make physical activity family time. Take a walk together after dinner, play ball, or shoot hoops. It can be a nice time to talk.
- Swap some TV time for active time.
- Offer lots of encouragement.
- Be an active role model and show your child how you make the time for physical activity.

## ★ Encourage active transport.

Help your child add physical activity to everyday life by walking or biking to school, a friend's house, or the store, when possible. Too far? Park further away or get off the bus or T early to get in a little walk.