



Active Play for Your Child

Children need to be active every day! Aim for at least **30 minutes of moderate physical activity most days of the week**. Moderate physical activity includes things like playing ball, dancing, jumping rope, or taking a walk!

Physical activity builds and maintains healthy bodies, helps control weight, improves self-image, and develops coordination.

Here are some ways to include more physical activity in your child's life:

- Dance together to music
- Play "hide-and-seek"
- Jump rope together
- Play catch with a beach ball, sock ball, or yarn ball
- Go for a bike ride together
- Play tag and hug your child when you catch her/him
- Take a walk or hike
- Go swimming
- Limit TV watching, video game playing, computer time, and encourage active play

What kinds of active play do your children like? What can you do together?