

The story of your child's creation.

## How do I encourage my child to be active?

**Here are some tips that may help:**

- **SIT LESS, MOVE MORE.** Be a role model for an active lifestyle. Start moving more yourself and find ways to stay active as a family.
- **STAYING FIT.** Physical activity should be fun for children and adolescents. Encourage kids to keep trying activities to discover the ones they like and will stick with. School-age kids and teens (ages 6-17) should try to get at least 60 minutes per day of moderate- to vigorous-intensity activity. It can be broken up into shorter sessions throughout the day.
- **GO PLAY.** Reduce or limit sedentary screen time, including watching television, playing video games and using a digital device. Encourage preschool-age children (ages 3-5) to engage in active play as well as structured movement. A good goal is about 3 hours per day of a variety of activities (light, moderate and vigorous).
- **BE ACTIVE.** Provide kids with opportunities to be active. Give them active toys and games, like bikes, skateboards, roller skates, scooters, jump ropes, balls and sports equipment.
- **BE SUPPORTIVE.** Support your kids' participation in sports, dance and other active recreation. Get familiar with community facilities near you, like pools, recreation centers, bike paths and parks.
- **LEARN AND GROW.** If your child is very inactive now, start slowly. Increase the amount and intensity of activity gradually each week or so. This may help them avoid discomfort or injury and adjust to a more active lifestyle without becoming discouraged.

**Active kids are more likely to have:**

- a healthy weight
- stronger, healthier bones and muscles
- better heart and brain health
- improved brain function, including memory, attention and problem-solving
- better school attendance and academic performance, especially in math, reading and writing
- lower long-term risk of cardiovascular diseases, diabetes and some kinds of cancer
- less stress and fewer symptoms of anxiety and depression
- less inappropriate and distracting classroom behavior
- improved mental health and psychological well-being, including confidence and self-esteem