

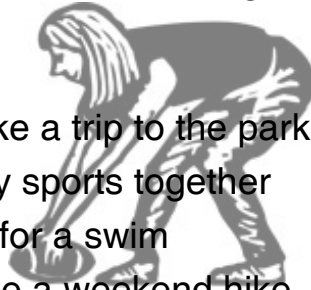
Get ACTIVE

Making smart food choices as well as being physically active each day will help keep your children mentally and physically fit. Exercising for at least 60 minutes each day is known to help children boost self-esteem and energy levels, as well as sleep better through the night.

Here are some ways you can keep your kids moving—

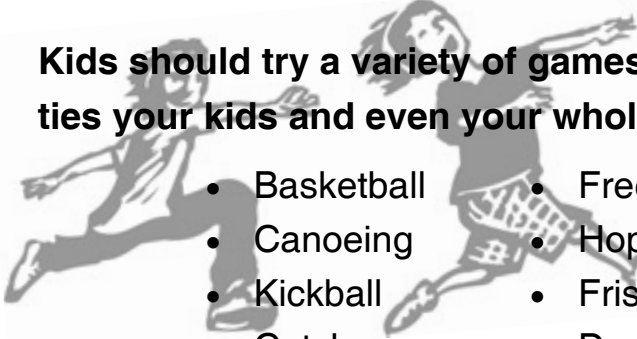
Involve the whole family!

- Limit time in front of the TV
- Take a walk after dinner
- Ride bikes to school and work
- Make a trip to the park
- Play sports together
- Go for a swim
- Take a weekend hike



Kids should try a variety of games and sports. Here are some activities your kids and even your whole family may want to try:

- Basketball
- Canoeing
- Kickball
- Catch
- Freeze tag
- Hopscotch
- Frisbee
- Dancing
- Ice skating
- Volleyball
- Rollerblading
- Bowling



Small steps will make a big difference!

Exercise does not always have to be strenuous. There are lots of low intensity activities that can easily be incorporated into your child's daily habits. A few examples are:

- Cleaning the room
- Washing the car
- Walking the dog
- Gardening
- Taking the stairs

