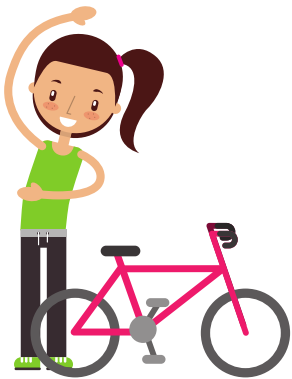


Make physical activity part of everyday.

- Plan time for physical activity each day. Decide ahead of time what to do and when to do it. Days often go quickly, and if you don't have a plan it won't happen.
- If 60 minutes doesn't feel possible right now, help your child start slowly to build up.



Kids need at least one hour of moderate to vigorous physical activity everyday.

Work with your child to figure out what they would like to do for exercise.

- There are many types of physical activity, and it may take some time to find the right "fit". For structured programs and classes, look into after-school programs at your child's school. You can also check out your local community center, YMCA, recreation center, Boys & Girls Club, college, dance studio, or gym.
- Make physical activity family time. Take a walk together after dinner, play ball, dance, or shoot hoops. It can be a great time to connect and check in about the day. Be an active role model by offering lots of encouragement and showing your child how you make time for physical activity.
- Swap some TV time for active time.