It's worth it.

Physical activity builds a great foundation for a healthy life. It's a win/win event for you and your child. Physical activity can:

- Increase self-esteem and capacity for learning.
- Help kids handle stress.
- Build and maintain healthy bones, muscles and joints.
- Help control weight.

Experience the fun together.

Kids just need to **play.** And so do **you.**

U.S. Department of Health and Human Services

CDC FOUNDATION

MetLife Foundation

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To print or order additional copies of this free brochure, or similar brochures for principals and parents, go to http://www.cdc.gov/HealthyYouth/PhysicalActivity or call (888) 231-6405.

Healthy kids. Healthy families.

Physical activity can make the **connection.**

Experience active family fun.

Create family traditions and lasting memories.

Time together is time that's treasured. Try:

Family Adventures See the sights of your community. Try hiking, fishing, canoeing, and berry-picking. Discover the public parks. Visit the zoo. Explore outdoor tourist attractions.

Family Fitness Vacations Plan an active get-away. Swim at the beach or bike on a scenic trail. Hike or camp in the mountains. Explore state and national parks. Raft down a river. Take a walking tour of a city.

The Gift of Physical Activity Give a present that encourages activity. Outfit that special someone with a swimsuit or pair of athletic shoes. Select toys that make kids move, such as a basketball or bicycle.

Seasonal Celebrations Welcome each one with fun.
Winter: Go sledding or build a snowman.
Spring: Play whiffle ball or fly a kite.
Summer: Run through the sprinkler or jump rope.
Fall: Play Frisbee golf or hike through a pumpkin patch.

Community Service Benefit others while benefiting yourself—volunteer as a family. Do litter patrol on a nearby road, help neighbors rake their yard or team up to clean up a favorite park.

For more ideas to foster strong kids and families:

http://www.verbparents.com
http://www.shapeup.org/publications/99.tips.for.family.fitness.fun
http://www.americanheart.org/presenter.jhtml?identifier=825
http://www.fitness.gov

Find the right fit.

Organized activities, such as lessons, clubs and teams, can be a positive experience if they match your child's interests and personality. Before signing up, check out the program and answer the following questions. A majority of "yes" answers suggests enjoyment for your child.

- ☐ Does my child's skill level and size match the rest of the group?
- ☐ Are the challenges and expectations appropriate for my child?
- ☐ Are all children given meaningful opportunities to learn skills and participate fully?
- ☐ Is there a focus on development of fair play, teamwork, sportsmanship, and having fun?
- ☐ Does the activity leader provide encouragement and positive feedback?
- ☐ Are all children treated with respect?

For a complete checklist, go to http://www.aahperd.org/naspe/resource-choosing.pdf

It's not just an action, it's a lifestyle.

Walk and Talk: Instead of sitting at the table to do homework, take a walk with your child while practicing spelling words, multiplication tables or geography facts.

Household Jobs: Encourage responsibility and home maintenance skills by having your children help vacuum, scrub floors, mow the lawn, walk the dog, wash the car and more.

Indoor Fun: Designate a space where kids can roll, climb, jump, dance and tumble. Garages—without cars—can become an activity zone on rainy or snowy days.

Traveling Locker Room: Stash a box in the family car that holds balls, baseball gloves, a jump rope, Frisbee, kite, etc. You'll always be ready for fun.