

Eat Healthy Be Active

Keeping Children
Healthy at Home
and School

www.eathealthybeactive.net



BE PHYSICALLY ACTIVE

Keep your family fit by encouraging them to be physically active

Motivating Your Child to be Active

Many children enjoy being active, but some may need more encouragement. Young children should be physically active many times during the day. Here are some tips to help motivate your child to be active.

Incorporate Activity into Routines

Take the stairs instead of the elevator, and walk instead of driving when possible.

Model an Active Lifestyle

Be a positive role model for your family by participating in physical activity yourself.

Establish a Regular Schedule

Give your child regular opportunities for

active play. Schedule physical activity as a part of your family's lifestyle.

Encourage Age-Appropriate Activities

Help your child build skills by playing simple games. Throw a ball, play tag, ride bikes, or play freeze dance.

Make it Fun!

When your child enjoys an activity, he or she will want to do it more. Encourage active play by making it a game.

*The Nemours Foundation. (2012). KidsHealth: Raising a Fit Preschooler. Retrieved from http://kidshealth.org/parent/fit_preschooler.html

Use this activity to help your child learn

FAMILY FUN

Treasure Hunt

What You Need:

- Familiar objects to hide

What To Do:

- Hide miscellaneous objects around the house or yard
- Try to hide objects in places that require different motions to find them. For example:
 - Reach up
 - Reach down
 - Squat
 - Etc.
- Invite your child to go on a treasure hunt to find the items you have hidden
- Provide clues to your child as needed
- Take this activity outside for even more active movement

