

Do it together

It's more fun to do things with family and friends! And your child is more likely to be active right along with you.

Stay healthy on the go

- ❖ Keep a ball, jump rope or sidewalk chalk in your car. During nice weather, your child can use these instead of a cell phone for entertainment while waiting.
- ❖ On long trips, take a break every 2 hours. Walk, run or explore a new place.

Be a role model

Get an hour of physical activity each day yourself. Children may not always do what you tell them. But they usually do what they see you doing.



Did you know?

Moving more helps kids:

- ✔ Have stronger bodies and more energy.
- ✔ Have less stress and anxiety.
- ✔ Sleep better.
- ✔ Do better in school.
- ✔ Have a lower risk for conditions such as diabetes and heart disease.

Healthy habits learned as a child lead to healthy habits as an adult.

To learn more about how to help your child be active each day, talk with a member of the health care team. Also check with your child's school or other local organizations for free or low-cost activities for children.

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Healthy Kids: Move More!

Get **1** hour or more of
physical activity each day!



PATIENT EDUCATION



BARBARA WOODWARD LIPS
PATIENT EDUCATION CENTER

Get Moving!

Regular physical activity helps your child grow strong and stay well.

Children need at least
1 hour of physical activity a day.

There are many ways to be active. Your child does not have to go to a gym or be on a sports team. The important thing is to move often throughout the day. Every little bit helps and all movement counts!



What You Can Do

Be creative

No matter where you live, your child can stay active. Use these ideas to get started.

Outside activities

- ❖ Walk around your neighborhood.
- ❖ Ride a bike.
- ❖ Rake the yard or shovel the sidewalk.
- ❖ Play tag, hide-and-seek or hopscotch.
- ❖ Explore parks and playgrounds near your home.
- ❖ Swim.
- ❖ Fly a kite.
- ❖ Roll down a hill.
- ❖ Walk a dog.
- ❖ Go sledding.

Indoor fun – all year long

- ❖ Play music and dance.
- ❖ Use a hula-hoop.
- ❖ Fly paper airplanes.
- ❖ Do situps, pushups and jumping jacks.
- ❖ Jump rope.
- ❖ Use plastic cups and a foam ball to set up a bowling alley in a hallway.

