

# 10 Kid Fitness Tips

Some children just aren't into sports, but that shouldn't mean they have to be glued to the tube. Here are some tips to get your child exercising.



- ☐ Think outside the playing field
- ☐ Join in the game
- ☐ Limit screen time
- ☐ Lead by example
- ☐ Offer positive feedback
- ☐ Bring a friend along
- ☐ Use exercise as a reward
- ☐ Establish a regular routine
- ☐ Take a non-negotiable position
- ☐ Instill the idea that exercise is in