11 Ways to Encourage Your Child to Be Physically Active

Parents can play a key role in helping their child become more physically active.



Here are 11 ways to get started:

- [ ] Talk with your child's doctor.
- [ ] Find a fun activity.
- [ ] Choose an activity that is developmentally appropriate.
- [ ] Plan ahead.
- [ ] Provide a safe environment.
- [ ] Provide active toys.
- [ ] Be a role model.
- [ ] Play with your child.
- [ ] Turn off the TV.
- [ ] Make time for exercise.
- [ ] Do not overdo it.

Remember

- [ ] Exercise along with a balanced diet provides the foundation for a healthy, active life. This is even more important for children who are obese. One of the most important things parents can do is encourage healthy habits in their children early on in life. It is not too late to start. Ask your child's doctor about tools for healthy living today.

Additional Information:

- [ ] Energy Out: Daily Physical Activity Recommendations.
- [ ] Energy In: Recommended Food & Drink Amounts for Children.
- [ ] Finding Time to Be Active.
- [ ] Increasing Physical Activity During Preschool Years .
- [ ] How Teens Can Stay Fit
- [ ] The Healthy Children Show: Energy Balance for School-Age Kids (Video)

Make and Share Free Checklists
checkli.com