

FOUR WAYS TO START!

ROLE MODEL BEING ACTIVE

When kids see you being active, they'll want to join in. Show them it's fun by trying new things together as a family!

1 MOVE DAILY

Start with simple daily activities to make physical activity an easy and enjoyable part of life.



2 SCHEDULE TIME

Scheduling regular activity time builds habits and prioritizes movement.



3 USE WHAT YOU HAVE

Using household items for physical activity removes barriers and eliminates the need for special equipment or big expenses.



4 MAKE IT FUN!

Making activities playful and fun helps kids enjoy physical activity and stay motivated to participate.

