## FOUR WAYS TO START!

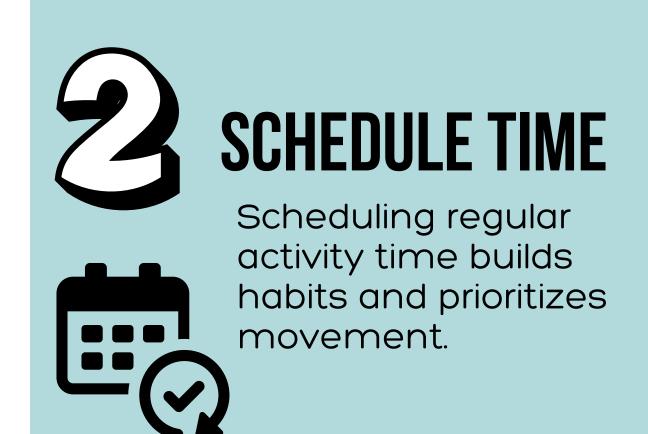
## ROLE MODEL BEING ACTIVE

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!



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







## **USE WHAT YOU HAVE**

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





## MAKE IT FUN!

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



