



Walk, Dance, Play...Be Active Every Day!

Tips for You and Your Preschooler

Walk

- Bring the stroller if you need to, but encourage your child to get out and be on their feet as much as possible.
- Go someplace fun! Walk to a friend's house, park or playground.
- Play games along the way. Hop over cracks, jump over shadows, or skip to the corner.

Dance

- Find a new radio station and make up a new dance with your small partner.
- Each time you and your child get books from the library, check out a CD or tape to dance to at home.

Play

- For a change of scenery, find a new playground or park in another neighborhood.
- Don't just watch your kids play – play with them! Push the swing, run beside the merry-go-round, climb the monkey bars!
- Make time each day for you and your child to get outside. Even when the weather is bad, everyone feels better after some fresh air.
- Be safe! Wear helmets on bikes and scooters. Always watch kids closely near traffic.



Be Active Every Day

Children and adults need at least 60 minutes of physical activity every day to be healthy. Healthy food gives everyone energy to be active.

Eat Well to Be Active

- Let kids choose a healthy snack to bring along on a walk. Cut-up fruit, veggies, crackers and cereal are snacks that travel well.
- Yogurt, cheese and crackers, raw veggies and dip, or even a small bowl of cereal give kids long-lasting energy for learning and play.
- Start good habits early. Fruit, baby carrots and pieces of cheese are examples of every day snacks. Cookies, chips and soda should be occasional special treats.

Smiley Crunchy Open-Faced Sandwich

1 slice bread or ½ English muffin
1 Tablespoon peanut butter
Raisins
Cheerios, or other low-sugar cereal

Help your child spread peanut butter on the bread or English muffin. Stick raisins and cheerios into the peanut butter to make a smiling face. Enjoy!

Nutrition information: 203 calories, 7 g protein, 9 g fat, 26 g carbohydrate.

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