



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

Tips for You and Your School-Age Child

- Be a good example. If your kids see you being active and having fun, they will want to be active, too.
- Do active things together as a family. Play together outside, throw a ball, or just take a walk.
- Encourage your children to play actively at home, at school, and with friends. Suggest jumping rope, playing tag, playing ball, playing actively at recess, or riding a bike or scooter.
- Ask your child's teacher about after-school sports programs or community leagues. Offer to help out at practices. Walk around the field or gym instead of sitting in the bleachers while your child plays.
- Kids and adults should limit television watching, computer and video games, and other inactive forms of play.

Be Active Every Day

Children and adults should get at least 60 minutes of physical activity every day. Try to be active for at least 10 – 20 minutes at a time.



Why be active with your child?

Physical activity...

- Is fun!
- Helps build and maintain healthy bones, muscles, and joints.
- Helps manage weight.
- Lowers risk for certain diseases, such as diabetes and heart disease.
- Makes you feel good about yourself.

Eat Well to Be Active

Children and adults need energy to be physically active. Below is a great tasting, healthy snack that provides vitamins and minerals, calcium for strong bones, and fluid.

Fruit Parfait

- ½ cup lowfat vanilla yogurt
- ½ cup fresh fruit cut in pieces, or unsweetened canned fruit (apples, bananas, pineapple or strawberries work well.)
- 2 crushed graham crackers

Wash and cut up fresh fruit, or drain canned fruit well. Put 1 crushed graham cracker in the bottom of a glass. Add half the fruit and half the yogurt, then add another layer of graham crackers, fruit and yogurt. Top with a fresh strawberry, if desired.
Nutrition Information (per serving): xx Calories, x g Fat, x g Carbohydrate, x g Protein.

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