Be Active Your Way, Kids

Be physically active at least 60 minutes, up to several hours each day.

How can I keep my child active?

- Be a role model and be physically active yourself.
- Make physical activity part of your family’s daily routine.
  - Take family walks.
  - Play active games together.
- Make physical activity fun.
- Be safe — provide protective equipment (helmets and kneepads).

Find your balance between activity and fun

- Move more.
- Be physically active 60 minutes, up to several hours a day.
- Walk, dance, bike or rollerblade — it all counts.

How great is that?

Be active every day

- Make physical activity a part of your child’s life.
- Include a variety of physical activities every day.

Lifestyle activities

Do as often as possible

- Play outside
- Help with chores
- Take the stairs instead of the elevator
- Pick up toys
- Walk

Physical activity for children

- Inactive children are more likely than active children to become sedentary adults.
- Lifelong recreational skills are learned during the school years.
- Children whose parents and families are active together are more likely to be active than children whose families are not active.

Aerobic activities

Do something every day

- Dance
- Skateboard
- Ride your bike
- Martial arts, like karate
- Basketball
- Swimming
- Tennis
- Soccer

Muscle strengthening

Do three times a week

- Tug-of-war
- Rope climb
- Pull-ups
- Sit-ups
- Push-ups

Inactivity

Cut down

- Watching TV
- Playing on the computer
- Sitting too long
- Playing video games

Find your balance between activity and fun

- Move more.
- Be physically active 60 minutes, up to several hours a day.
- Walk, dance, bike or rollerblade — it all counts.

How great is that?

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