

Dear Parents,

Be sure your child has a safe place to play, both indoors and outdoors.

Always watch your child when he or she is playing outdoors.

It is even better if you play with your child. Encourage lots of fun, play, and activity.

Page 2 - Physical activity means moving your body. This helps children grow strong and healthy. Encourage your child to walk, run, and move every day. Limit the time spent watching TV or playing video games.

Page 3 - There are many ways to be physically active. Running, skipping, and jumping develop leg muscles. Try playing a game of tag or jumping rope with your child.

Page 4 – Slower body movements like walking are also good for you. Take time to enjoy things around you as you walk. Put on play clothes and roll down a grassy hill or across the lawn.

Page 5 – Both boys and girls can play sports and games. Softball, soccer, kickball, and catch are fun and help develop motor skills. Don't worry about all the rules. Just have fun!

Page 6 – Some people like to dance or do gymnastics. Encourage your child to move her body in fun ways. Try swaying like a tree or jumping like a frog. Count the beats to music as you dance and move.

Page 7 – Help your child stay safe. Safety gear such as helmets and knee pads can prevent serious injury. Always watch your child when he or she is playing outdoors.

Children feel better when they exercise. Physical activity is a fun way to release energy and relieve stress. Daily activity helps children stay healthy and promotes growth and development.

Written by Healthy Childcare Consultants, Inc.  
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# Fitness Fun!



Part of the *HIP on Health* series  
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Physical activity means moving your body.



Moving your body helps it grow strong and healthy.

Follow safety rules....



.... such as wearing safety gear.

Some people like to dance or do gymnastics.



Move your body in fun ways.

There are many ways to be physically active.



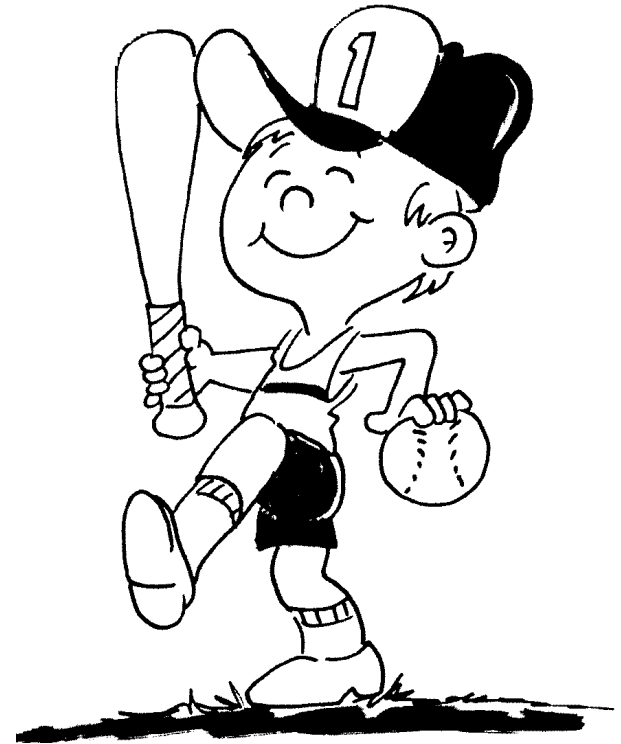
Some body movements are fast, such as running, skipping, and jumping.

Some body movements  
are slower, like  
walking.



Look at things around  
you as you walk.

Playing sports with  
friends is fun. There  
are many different  
sports.



Both boys and girls can  
play sports.