



## FITNESS FOR CHILDREN

Children need lots of exercise. Physical activities like running, jumping, crawling, and climbing help develop strong muscles and bones. Regular exercise helps their bodies stay healthy and fight germs that cause sickness. Physical activity lets children release energy and relieve stress as they have fun. Overall, children feel better when they exercise!

Children naturally like to play and parents should encourage it. Limit the amount of time your child sits watching TV or playing video games.

Choose a safe place for your child to play. Parks and playgrounds may have enclosed areas for children to play. Always watch your child when he or she is playing outdoors. It is even better if you play with your child. Here are activities young children enjoy:

- ✓ Softball, soccer, kickball, and catch are fun and help develop motor skills. A plastic or soft bat and big, soft balls are easier and more fun for young children. Do not try to remember all the rules or keep score. Just have fun!
- ✓ Sprinklers and water hoses provide cool games for hot summer days.
- ✓ Running and tag games develop leg muscles.
- ✓ Rolling down grassy hills or across the lawn can be fun.
- ✓ Jump rope is great exercise and helps develop coordination.

Always watch children when they are playing outside!