Let’s Get Moving!

Staying active is one of the keys to children’s health and wellness. From walking the dog to running at the park, having play time each day helps children be healthy and form good habits for the future. Children should be physically active for at least one hour every day.

As parents and family members, it’s also important for us to join in and spend quality time together. Let’s get moving!

Benefits of Being Active

Being active helps children have:

- More strength
- More energy
- Stronger bones
- A healthier weight
- A better mood

Make Fitness Fun!

Any game or activity that gets kids moving can be healthy. Here are some ideas:

- Join a sports team (when safe to do so)
- Play catch
- Walk the dog
- Jump rope
- Dance
- Swim
- Ride a bike (wear helmet)
- Skateboard or rollerblade (wear helmet)
- Play hopscotch
- Hula hoop
- Fly a kite

During the COVID-19 outbreak, remember to follow state and local guidelines for social distancing.
Tips for Parents and Families
Here are some tips to help children be active:

Make Fitness Fun:
Children are more likely to be active if they are doing something they enjoy. Parents can help children find a sport or activity they like, and encourage them to join a team or group (when safe to do so).

Set a Good Example:
Children often follow the lead of their parents and family members. When we choose to be active, we’re setting a good example.

Join In:
Even with busy schedules, it’s important for parents to set aside some special time to play together — from soccer and dancing, to taking a walk in your neighborhood.

Make it Safe:
Make sure kids have safe spaces and equipment for play.

Ask a Pediatrician:
Every child has different fitness and exercise needs. If you’re unsure, ask the pediatrician what kind of exercise is right for your child.

Children should be physically active for at least one hour a day.

Every Child Healthy is a program developed by the New York State PTA and Fidelis Care. We’re working together to support healthier families, schools, and communities.

To learn more, visit: fideliscare.org/everychildhealthy or nyspta.org.