Energy Balance

When children move their bodies, they are using energy. The more they move, the more energy they use.

Eating food gives the body energy.

Balancing food intake and physical activities can help children develop a healthy lifestyle.

START EARLY
Children who learn to make healthy choices at a young age are more likely to continue these habits throughout their lives.
ALL 4 KIDS: HEALTHY, HAPPY, ACTIVE, FIT!

Don’t just sit. Keep on moving to stay fit!

Developed by:
Teresa Byington, Area Extension Specialist,
Early Care and Education
Anne Lindsay, Area Extension Specialist,
Exercise Physiology
Madeleine Sigman-Grant, Area Extension
Specialist, Maternal and Child Health
Tara Spann, Program Officer I,
All 4 Kids: Healthy, Happy, Active, Fit

Resources:
Townsend, M. (n.d.). Fitness and me: A teacher’s guide for Pre-K and kindergarten fitness activities. Food Stamp Nutrition Education Program, University of California Cooperative Extension

For additional information on the All 4 Kids Program, contact:
University of Nevada Cooperative Extension
(702) 222-3130
Visit our web site at http://www.unce.unr.edu

The University of Nevada, Reno is an equal opportunity/affirmative action employer and does not discriminate on the basis of race, color, religion, sex, age, creed, national origin, veteran status, physical or mental disability and sexual orientation in any program or activity it operates. The University of Nevada employs only United States citizens and aliens lawfully authorized to work in the United States.
Let's Get Moving

• It is important for children to be physically active every day.

• The National Association for Sports and Physical Education recommends all young children (ages 2 to 5 years) engage in at least:
  • 60 minutes of free play
  • 60 minutes of structured physical activity each day

• Children need to get up and move after being sedentary (inactive) for more than 60 minutes.

SO LET’S GET MOVING!

Ways to Encourage Children to Move Indoors

Sometimes parents are concerned about children being active indoors for fear the child may hurt themselves or break items in the home. Be creative and become an active family!

♥ Turn on some music and dance together as a family. Freeze dance — when the music stops, FREEZE!

♥ Play Follow-the-Leader and move from room to room doing different movements such as hopping or jumping.

♥ Play Polar Bear, Penguin, Iceberg. One person calls out a movement: Polar Bear-Run in Place Penguin-Waddle like a penguin Iceberg-Freeze in place

Play continues as different movements are called and everyone does the movement. For extra fun, add other animals and movements such as jump like a kangaroo or fly like a bird.

♥ Move during commercials or just take a break from TV or video games and move, move, move!

Ways to Encourage Children to Move Outdoors

♥ Sometimes it is hard to find a safe place to play outdoors. Consider visiting local parks and recreation areas.

Active Families = Healthy Families

♥ Move yourself! Go on a nature hike or take a walk in the neighborhood with your children.

♥ Play family tag or think of a fun way to move, such as fly like a rocket ship or swim like a dolphin.

♥ Ride bikes and trikes together. Remember to wear helmets!

♥ Throw a Frisbee or a ball and have children run and catch it.

♥ Have a parade.

♥ Fly a kite.

♥ Go to a water park or play in the water as your family washes the car, bike or family pet.

Movement Helps My Heart, Bones and Muscles Stay Strong!