

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!**

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Resources:

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For additional information on the All 4 Kids Program, contact:

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Healthy, Happy, Active, Fit

**Let's Get
Moving!**

Fact Sheet-08-40

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.



- Many children are choosing to engage in less active play than in the past.
- According to the National Center for Health Statistics, more than 10 percent of children in the United States ages 2 to 5 years old are overweight.
- A lack of daily physical activity by children and adults can lead to future health concerns.

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!

