Help your child stay fit with fun activities

keeping their spirits up helps keep their weight down

top 10 ways to help your child combine FITNESS AND FUN

1. Visit the playground often.
2. Walk places with your child whenever possible instead of driving.
3. Get a tricycle or a small bicycle with training wheels.
4. Take a dip with your child in a swimming pool or at the beach.
5. Kick a soccer ball around the park together.
6. Build an obstacle course and encourage your child to run around it.
7. Encourage games and sports with other kids.
8. Teach "hopping like a bunny," "jumping like a frog," and other fun activities.
9. Run races together.
10. Let your child do simple chores that keep them active and make them feel "grown up."

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A WHOLE LOT MORE!

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