

Eat Healthy Be Active

Keeping Children
Healthy at Home
and School

www.eathealthybeactive.net

Use this activity to help
your child learn

FAMILY FUN

Walking Games

What You Need:

- Comfortable shoes

What To Do:

- Go for a family walk or hike
- Make games to help your child have fun while walking. For example:

Scavenger Hunt

- As you walk, encourage your child to find different objects. For example, find something square, the number 4, or a yellow sign

Movement Mix-Up

- During the walk, vary your movements. Walk backwards, hop, or move faster and slower
- These games are fun for your child and help him or her grow physically and mentally



BE PHYSICALLY ACTIVE

Keep your family fit by encouraging them to be physically active

Benefits of Staying Physically Active

Although physical activity may look different for children and adults, it is equally important for both. Adults often think of physical activity as exercising at the gym or lifting weights. For children, active play, such as riding bikes or playing games outside, help them stay healthy. It is important for you and your family to find enjoyable ways to stay active.

Children and adults benefit from physical activity in many ways:

Physical Benefits

- Stronger bones and muscles
- Lower body fat

- Less likely to become overweight
- Reduced risk of diabetes
- Lower blood pressure and cholesterol

Emotional Benefits

- Improved self-esteem
- Lower rates of depression
- Higher quality sleep
- More positive overall attitude toward life

*The Nemours Foundation. (2012). *KidsHealth: Raising a Fit Preschooler*. Retrieved from <http://kidshealth.org/parent/exercise.html>