The Benefits of Physical Activity in Childhood:

- Children who are active early on tend to continue to be healthy and active later on in life
- Improves strength and endurance
- Builds healthy bones and muscles
- Develops motor skills and coordination
- Reduces stress and depression

What Counts as Physical Activity?

- Any movement that uses energy
- Running, jumping, biking, swimming, etc.

How can I Encourage Physical Activity in my Child?

- Most toddlers enjoy basic movement skills such as running, jumping, throwing, and kicking. Try to offer toys and games that encourage your toddler to use muscles.
- Create obstacle courses
- Turn on music and dance
- Go for a walk.
- Be an important role model to your toddler and participate in physical activity with them! (parents should be getting 30 minutes of activity a day themselves)

The National Association for Sport and Physical Education (NASPE) recommends that Toddlers get:

- At least 30 minutes daily of structured physical activity
- At least 60 minutes and up to several hours per day of daily, unstructured physical activity and should not be sedentary for more than 60 minutes at a time except when sleeping.