

Want healthy kids? Better get moving.

If you want a healthy family, the best thing you can do is encourage everyone to get moving. An hour or more a day of moderate to vigorous physical activity can have enormous benefits for your children's wellbeing. It can:





-  build strong bones and muscles
-  boost self-esteem
-  improve cardiovascular fitness
-  help achieve and maintain a healthy weight

And just as importantly, it helps them avoid future health problems, such as raised blood pressure, increased cholesterol levels and Type 2 diabetes.



Get moving!

Following are some practical tips you can use to help your kids become more active:

-  Try starting off slow, especially if your child's not used to being active. Thirty minutes of moderate activity a day is a good start, and they can work up from there.
-  It helps to get the whole family involved, and of course everyone can benefit. Look for activities that can be included in family outings such as a family walk or bike ride.
-  Think of gifts or toys that promote physical activity such as skipping ropes, bat and ball games, rollerblades and skateboards.
-  Limit "screen time" for entertainment to no more than two hours a day. Instead encourage them to get up and get moving.

For more information visit
www.healthyactive.gov.au



Australian Government