

Give your kids the run around.

Most kids love being active. They might just need a push in the right direction. And that's where you come in.



Get moving!

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

- ⚽ Encourage them to get an hour or more of moderate to vigorous activity every day by suggesting a variety of fun activities that suit their interests and abilities.
- 🏀 It doesn't have to be organised sport. Why not see if there's something you can do together? You'll be acting as a positive role model, as well as helping them develop an active approach to life.
- 🚲 Encourage them to walk or ride their bikes whenever possible.
- 🏈 Keep a box of things like balls, frisbees and kites either at home or in the car, so you're always ready for action.
- 🏏 Limit "screen time" for entertainment to no more than two hours a day so they have time to get moving.

For more information visit
www.healthyactive.gov.au



Australian Government