

GET OUT AND PLAY, EVERY DAY.

Being active helps little kids:

- Explore their world.
- Stay focused and learn.
- Grow up healthy and strong.
- Sleep and nap better.



LITTLE KIDS FEEL THEIR BEST WHEN THEY PLAY EVERY DAY.

Children ages 3–5 get the most health benefits when they are active throughout the day.

When kids aren't napping, find fun ways to play so they avoid long stretches of inactive time.

Kids build bones and muscles by hopping, jumping and tumbling. They learn new skills like riding a bike or a trike. Keep kids moving, even for 10 minutes at a time.

IT ALL ADDS UP.

Tips for parents and caregivers:



- Play together every day.
- Take short, active play breaks throughout the day.
- Focus on fun, not performance.
- Remember kids develop skills at different rates.
- Limit screen time on phones, computers and TV.

STAY ACTIVE TO FEEL BETTER AT ALL AGES.

Children ages 6–17: Get 60 minutes of physical activity every day. *



Kids in many Alaska elementary schools can join the Healthy Futures Challenge. The free challenge awards prizes for logging daily activity. Find out more at healthyfuturesak.org.

Adults: Aim for 150 minutes of activity each week. That's about 20 minutes a day. That includes walking, biking and more. Add activities to strengthen muscles at least twice a week. *

* Recommendations come from the U.S. Department of Health and Human Services, Physical Activity Guidelines for Americans, 2nd edition.

