

FUN WAYS TO GET YOUR KIDS ACTIVE today



Whether it's playing with friends or family, or taking part on sports and other physical activities, being active is good for everyone.



1 **HANDY ACTION TOYS:** Keep a football, basketball or tennis ball handy to grab on your way outdoors for an easy 20 minutes of fun.

2 **HAVE FUN:** Sounds simple but the basic rule is that sport and activity should be enjoyable.

3 **ENJOY VARIETY:** Encourage kids to try a range of sports and activities to develop a range of skills and find one or two that they really like.

4 **JOIN A LOCAL CLUB:** It's a great way to kids to get fit, have fun and meet new friends. Who knows, you could have a future top athlete on your hands.

5 **TAKE THE LEAD:** Kids take their cues from their parents - so make activity a regular part of your family routine.

6 **LEAVE THE CAR BEHIND:** Leave the car behind and introduce kids to the way we all once got around - walking or riding bikes with them.

7 **TRY SOMETHING NEW:** Develop a new family activity such as indoor rock climbing, bike riding, skiing or sailing.



8 **FIND A BALANCE:** Help kids find their own balance of friends, physical activities, indoor play and homework with unstructured play such as daydreaming, creating, thinking and reading.



Source: www.healthyactivekids.com.au

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