



Bright Ideas: Movement is Fun!

Children are naturally curious and have a desire to move and be active. They move for the joy of moving, not just to count calories!

For children, movement is fun and an adventure. It is important to encourage children of all ages to move in creative and different ways to keep physical activity enjoyable to help them grow into adults who exercise regularly.

When you spend time outside with your children, encourage them to run, hop, skip, jump and be silly. visit different playgrounds and parks. Take new routes to get to familiar places.

Play with soccer balls, skipping ropes, hula-hoops, kits and bikes.

Enjoy getting outside, spending time with your children and being active - just for the fun of it!

