

Check Out a List of Resources Here!



TIPS FOR KEEPING KIDS PHYSICALLY ACTIVE

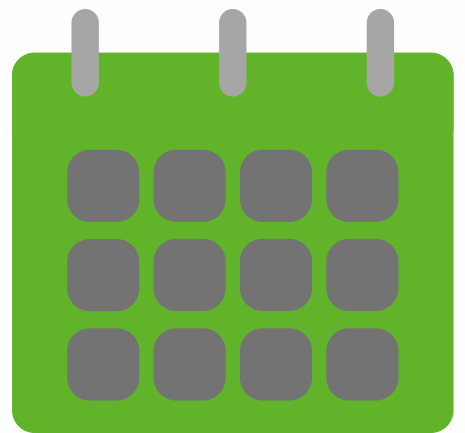
PLAY OR EXERCISE? A CHILD'S BODY DOESN'T KNOW THE DIFFERENCE. BUT THEIR MIND TELLS THEM WHEN THEY'RE HAVING FUN.

HELPFUL INFO



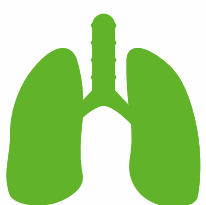
Children need a minimum of 60 minutes a day (can be broken up into multiple activities). This includes activity for their hearts, muscles, and bones.

Set up an exercise schedule. Be creative! Mix up individual workouts with family, friends, or teammate workouts. Do a variety of activities each week -- run, bike, swim, rollerblade, stairs, hills, sprints, strength training, HIIT, yoga, pilates, walk the dog, parks, chores.



Make physical activity part of your family's daily routine. Make it fun. Be smart and safe. Lead by example.

4 SIGNS OF MODERATE-TO-VIGOROUS ACTIVITY



Heavier breathing



Faster heart rate



Sweating



Tired muscles

There's more!
www.3sneaks.com

