



GET ACTIVE EACH DAY

Physical activity is an important part of being healthy. Being active:

- builds strong bones and muscles
- is a good way to make friends
- improves balance
- helps children keep to a healthy weight.

Every day toddlers and preschool children should:

- be physically active for at least 3 hours, spread throughout the day.
- not be sitting for more than 1 hour at a time.

Physical activity can be done in small amounts over the day.

Your child can start slowly and then do a little more each day.

Help your child be more active

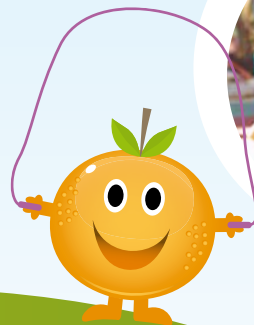
- Turn off the TV and go outside to play.
- Play together.
- Get active as a family.
- Go for a walk to the local park.
- Go for a bike ride together.
- When buying gifts for your children, choose ones they can use to be active eg bats and balls.
- Let them try a range of activities.
- Let them choose activities that they enjoy.

Turn off the TV and get active!

- Your child should spend no more than **1 hour** a day watching TV, DVDs or playing computer games.
- Help your child to be active in as many ways as they can during the day.
- Find active indoor and outdoor games for your child to play instead of watching TV.
- Limit the amount of time your child spends playing computer games or on the internet by using a roster or timer.
- Do not have a TV or computer in your child's bedroom.

When being active remember to:

- Wear safe and stable shoes.
- Wear sunscreen and a hat when outside.
- Drink plenty of water.
- Have fun.



For more information and ideas on healthy eating and physical activity go to www.healthykids.nsw.gov.au