

MAKE PHYSICAL ACTIVITY PART OF THE DAY, EVERY DAY

Games, climbing, walking, biking, dancing... What do your kids like to do every day? Do they get outside and play or walk and wheel to school? Children may just need the space and time to be active.

“Access to active play in nature and outdoors - with its risks - is essential for healthy child development. We recommend increasing children’s opportunities for self-directed play outdoors in all settings - at home, at school, in child care, the community and nature.”

(Position Statement on Active Outdoor Play, 2015)

What are the benefits?

- ◆ Better sleep
- ◆ Better able to handle emotional challenges
- ◆ Better able to concentrate
- ◆ Stronger body, both inside and out
- ◆ Improve physical literacy (**Physical Literacy** is when kids have developed the skills, confidence, and love of movement to be physically active for life)

The benefits are clear – active kids are healthier and happier, both mind and body!

For more information:

- ◆ Your local [Public Health Unit](#)
- ◆ Your local Parks and Recreation
- ◆ [24-Hour Movement Guidelines for Children and Youth](#)
- ◆ [HealthLinkBC - Physical Activity for Children and Teens](#) or dial 8-1-1 (a free call)