

# Tips for Encouraging Youth Physical Activity

- ◆ Expose children to a variety of physical activities
- ◆ Be positive about the types of physical activities that your child decides to participate in.
- ◆ Encourage children to talk about their experience with physical activity.
- ◆ Help your child get to and from practices and events
- ◆ Give your child toys that promote physical activity.
- ◆ Encourage your child to play outside instead of watching T.V. or playing video games.



Adapted from “Physical Activity Guidelines for Children and Adolescents” by the Centers for Disease Control. Created by AmeriCorps Member Amy Houser