

# GET ACTIVE STAY HEALTHY

How to inspire & encourage kids to stay active all year long.

## WHY

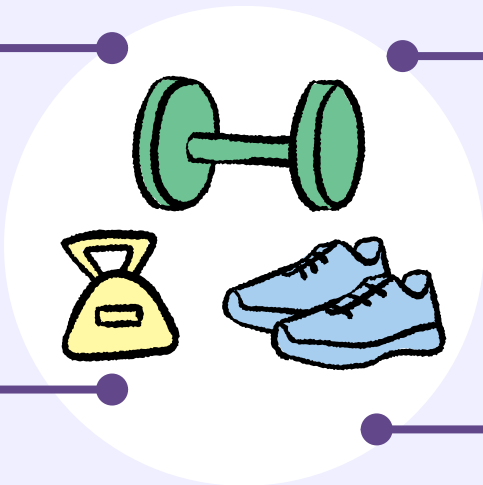
### EXERCISE IS IMPORTANT FOR KIDS

#### BUILDS STRONG BODIES

Regular exercise helps develop strong muscles and bones, improves coordination, and enhances flexibility. It also helps prevent obesity and promotes a healthy heart.

#### BRAIN POWER

Active kids tend to focus better in school, retain information more easily, and perform better academically. Exercising has been shown to improve memory, problem-solving skills, and creativity.



#### IMPROVE MOOD REDUCE STRESS

Physical activity releases endorphins, that help reduce stress, anxiety, and even symptoms of ADHD. Exercise helps kids feel happier, more relaxed, and ready to take on challenges.

#### SOCIAL SKILLS

Group activities or participating in sports teach teamwork, communication, and leadership skills.

#### ESTABLISHES HEALTHY HABITS FOR LIFE

## MAKE EXERCISE FUN

### GET MOVING AS A FAMILY

- Go for a walk, bike ride, or nature hike together.
- Have a family dance party or do a kid's workout video.
- Play interactive games like charades or Simon Says with an active twist.



### GET MOVING AS A CLASS

- Organize a school-wide fitness challenge with fun activities throughout the day.
- Plan active learning breaks where kids do jumping jacks, stretches, etc. between lessons.
- Host a relay race or field day.

## OUTDOOR



#### GAMES

Obstacle Courses, Scavenger Hunts, Freeze Dance



#### SPORTS

Swim, Soccer, Tennis, Baseball/Softball, Basketball etc.



#### TECHNOLOGY

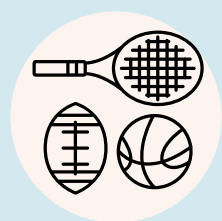
Walk-a-thon, Run Club, Mileage Club, etc.

## INDOOR



#### GAMES

Freeze Dance, Walk, Stairs, Jump Rope, Hula Hoop



#### SPORTS

Gymnastics, Dodgeball, Volleyball, Basketball, etc.



#### TECHNOLOGY

Interactive video games, fitness apps, VR games