



## MOVE MORE

Kids need an hour or more of physical activity daily to help stay healthy. Physical activity is proven to help children:



Sleep better and feel more rested throughout the day



Improve concentration, retain information, and perform better academically and athletically



Makes bones and muscles stronger and helps kids feel good about themselves

## KEEP IT MOVING!

Physical activity doesn't have to be strenuous. Here are a few ideas on adding physical activity into your day:



Take the stairs whenever possible



Get outside and explore as a whole family



Allow kids to choose the activities they love the most



Park in the farthest parking space to encourage more activity



Clean the house. Cleaning involves plenty of walking, stretching, and lifting



Dig in the dirt. Gardening can be fun, educational, and added active time



Don't use physical activity as a punishment. Kids will begin to think activity is a bad thing



Make a "free play" jar at home and allow children to drop in notes with their favorite games to play.



Enter a fun run, as a family



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