

# GET ACTIVE each day

Being active helps us stay healthy. Find lots of ways to be active each day.

## HOW MUCH ACTIVITY SHOULD KIDS DO EACH DAY?

### Toddlers

1-3 years



- Standing up
- Moving around
- Active toys

### Preschoolers

3-5 years

### School age

5-12 years



Be active so your breathing and heart beats faster:

- Fast walking
- riding a bike or scooter
- playing sport