

Get active each day

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

TIPS TO GET KIDS ACTIVE

Babies need 30 minutes of tummy time each day. Encourage them to crawl.



Toddlers can walk instead of using a stroller



Walk, ride a bike or scooter to school



Choose toys that help kids move

Limit screen time each day. Choose active play instead



Encourage kids to try a range of sports



Look for lots of ways to be active each day



Show your kids you like being active too



Outdoor play is best. Keep active indoors when it's hot or raining

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HEALTHY EATING
ACTIVE LIVING