



GET MORE ACTIVE

Getting your children involved in physical activity is a really important part of them being healthy, so come on lets get them active! Physical activity helps develop strong bones and muscles, improves balance and helps your child keep to a healthy weight.

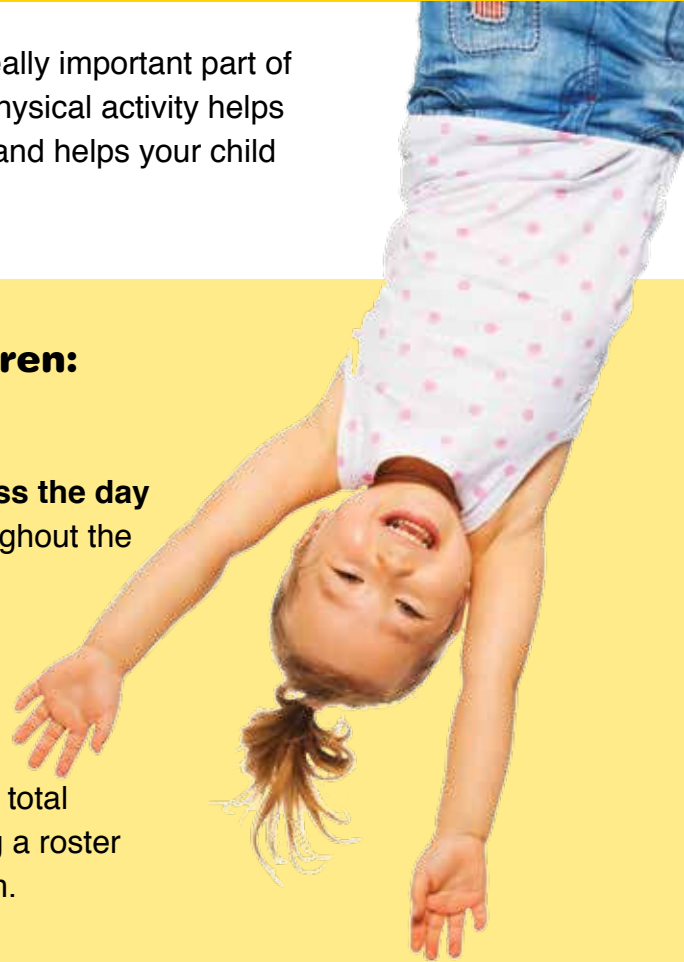
Every day toddlers and preschool children:

SHOULD

- **Be physically active for at least three hours across the day**
Physical activity can be done in small amounts throughout the day, you can start slowly and build up each day.

SHOULD NOT

- **Be sitting for more than one hour at a time**
Your child shouldn't watch TV, DVD's, play computer games or be on a tablet or computer for more than a total of an hour a day. Limit their technology time by using a roster or timer and never have a TV in your child's bedroom.



Help them get more active by:

- Playing together with your child
- Going for a walk or visit the local park
- Taking them to a community playgroup if available in your area, active play is a great way for children to make new friends
- Buying gifts that entice them to be active (like balls, scooters, bats)
- Being active as a family, when your children see you being active, they will be more likely to want to be active as well.

For more information and ideas on healthy eating and physical activity go to www.healthykids.nsw.gov.au



Health