



Making it happen

Try to include:

- Fun
- Success
- Variety
- Choice
- Family participation.

Try to avoid:

- Failure
- Embarrassment
- Competition
- Boredom
- Injury.



South Carolina Department of Health
and Environmental Control

www.scdhec.gov

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active children *are* **healthy** children

*Ways to help your child become
more physically active.*



Tips on being active

Make physical activity fun.

Include activities that will interest your child.

Involve the whole family.

Start a weekly family fitness outing. It can be as simple as playing ball or walking around the neighborhood.

Set goals for your child.

Expect kids to be active. Make physical activity a family routine.

Get involved.

Check with your local Parks and Recreation Department, YMCA, YWCA, churches and after school programs.



Include friends.

Include as many of your child's friends as you can, and learn how to include them as often as possible.

Be active with schools.

Find out what is being taught in your child's physical education classes. Support the teaching of lifelong activities such as walking, biking, running and stretching.

Find a safe place to play.

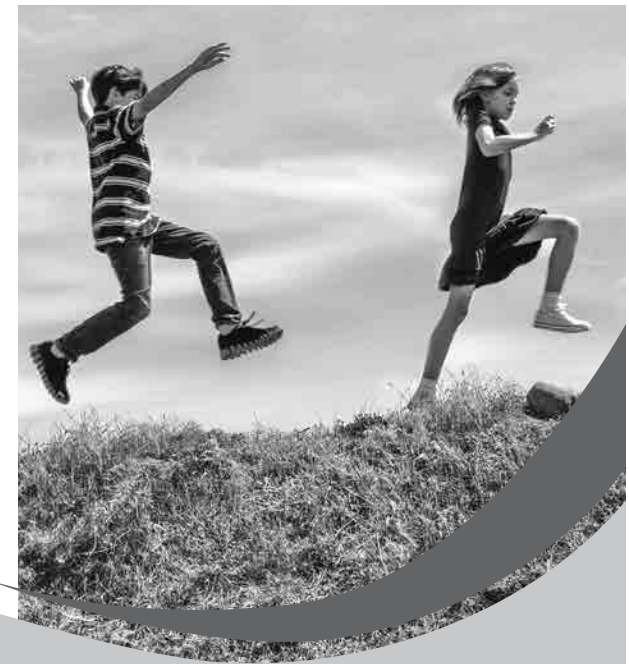
Find a place free from strangers, cars, dangerous objects, rough play, and environmental factors, such as pollution and trash.

Be a positive role model.

As a parent, you need to be active. If your kids see you exercise, they will be more likely to follow in your footsteps.

Buy affordable equipment.

Buy things like balls, hoops, ropes, skates, etc. These items can be used in many different games.



For More Info:

- **SC Department of Health and Environmental Control**
www.scdhec.gov/obesity
- **Eat Smart Move More SC**
www.EatSmartMoveMoreSC.org
- **SC Department of Parks, Recreation, and Tourism**
www.scprrt.com
- **SC State Parks**
www.southcarolinaparks.com
- **YMCA**
www.ymca.net
- **Let's Move**
www.letsmove.gov