

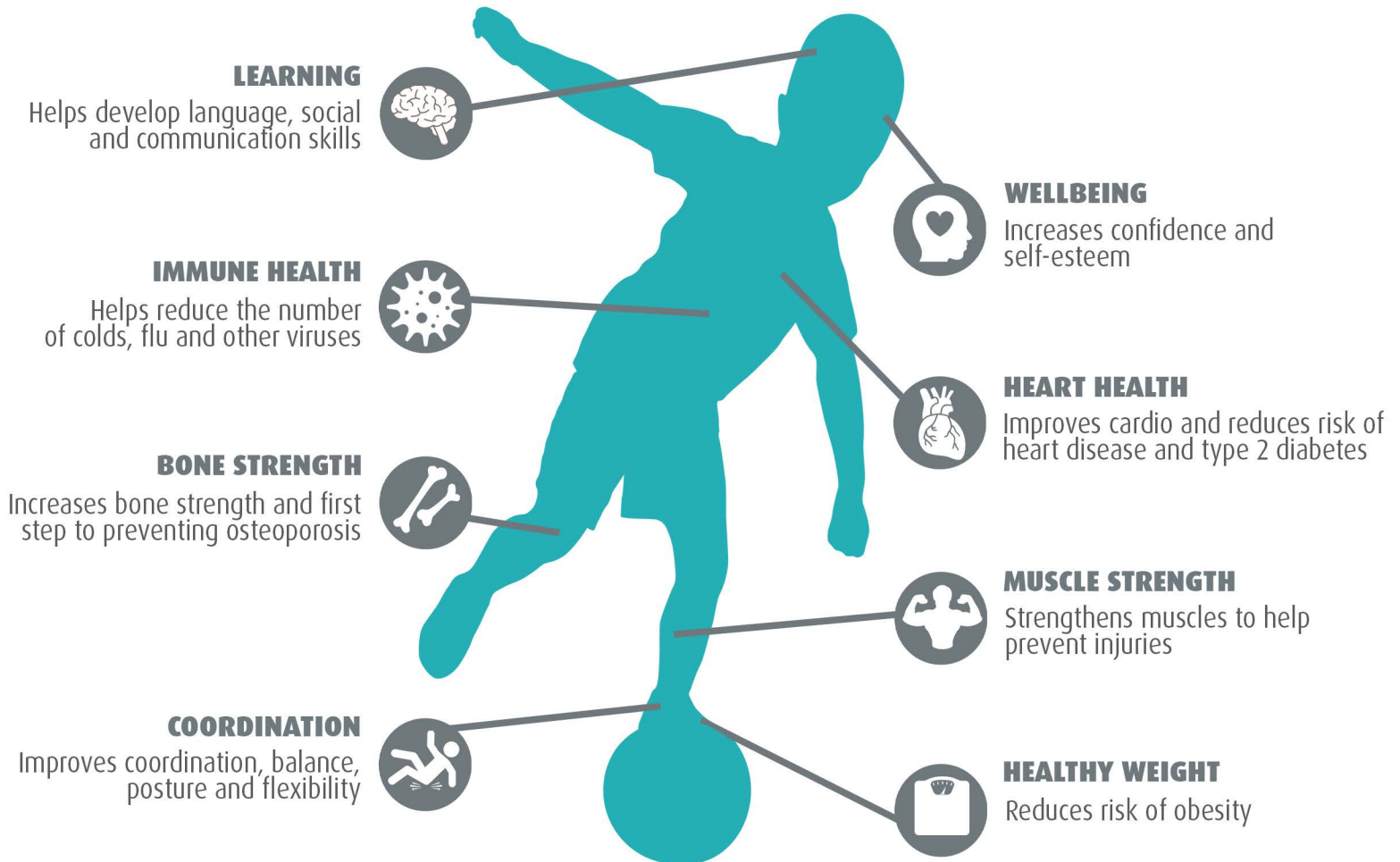
HEALTH BENEFITS OF PHYSICAL ACTIVITY FOR

CHILDREN

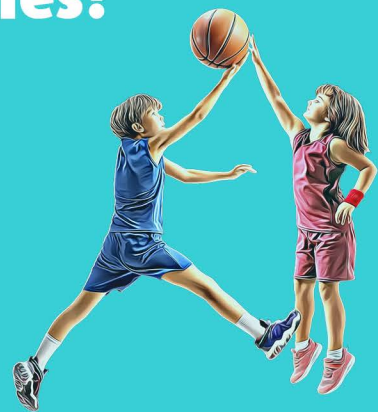
(3-5 Years Old)

MOVE FOR WELLNESS!

Children ages 3-5 need to be active **throughout the day** for growth and development.



Physical Activity Examples!



Physical activity is any activity that involves moving your body. Children can enjoy fun games like hide and seek, follow the leader, or tag. Ball activities, dancing, obstacle courses, skipping, jump rope and trips to the park or playground can be fun activities for children.