

Healthy Habits for Physical Well-Being

Kids are natural movers, but as they grow, they might need a little nudge to stay active. Whether they're complaining of boredom or glued to a screen, fostering physical activity is one of the best ways to support their health and happiness. Plus, you'll likely have a lot of fun along the way!

Get Outside

Time outdoors is beneficial for mental and physical health. Visit a park, go on a nature walk, or organize a backyard scavenger hunt. Even 15–30 minutes of outdoor play can boost mood and energy.



Incorporate Movement into Play

Think outside the box. Blow bubbles for them to chase, set up an obstacle course, or have a family dance-off. Everyday objects can spark creativity and activity.



Limit Sitting Time

Encourage breaks from screens with fun activities like stretching, yoga, or a quick game of tag. These moments can recharge their focus and energy.



Be an Active Role Model

When kids see you enjoying physical activities—whether it's a bike ride or a fitness class—they're more likely to join in.



Make It Social

Physical activity doesn't have to be solo. Organize playdates or sign up for group sports or classes. Being active with friends can make exercise more appealing.



Balance Indoor and Outdoor Play

On rainy days, try kid-friendly workout videos or indoor games like hide-and-seek or make an obstacle course. Keep a variety of toys and activities on hand to encourage movement year-round.



Strength Spot

Notice your child's enthusiasm and energy when they're moving and exploring. Celebrate their creativity in finding new ways to play and their willingness to try something active—even if it's just chasing you around the house!



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