

Ten Tips for Building Fit Kids

The Big Picture

Physical activity (PA) is a learned behavior that is influenced by a child's family, friends and environment.



Start Positive

Positive behaviors established early in life tend to carry over into adulthood.



Have Fun!

Children participate in PA to have fun, make friends and learn something new.



Mix it up

Sport diversification early in life should expose children to a wide variety of physical activity and movement experiences.



Improve Physical Fitness

Children should participate in exercise and sport programs to enhance both health- and skill-related components of physical fitness.



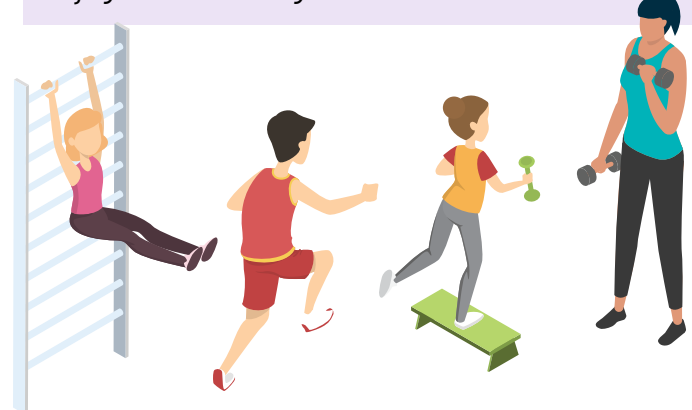
Develop Movement Skills

Fundamental movement skills such as jumping, kicking and throwing are learned movement patterns.



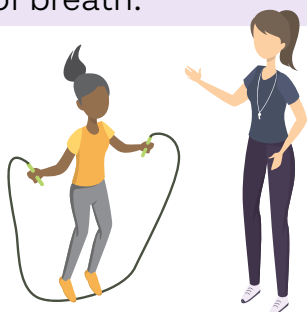
Build Strong Muscles and Bones

With qualified instruction, resistance training using bodyweight, simple equipment or free weights, can be a safe, effective and enjoyable activity for children.



Raise the pulse

Children should regularly take part in vigorous exercise, which requires activities that really raise heart rate and get children out of breath.



Just Move!

All types of PA – whether continuous, sporadic or in bouts – are beneficial for children.



Stay Active

Children should engage in PA throughout the day with active transportation, physical education, recess, recreational exercise, sport activities and outdoor play.

