

Shape your future

Regular physical activity. One of the ABCs of good health.

Staying active for 60 minutes every day is an elementary way for your kids to shine during school. Regular physical activity strengthens the immune system, improves sleep and reduces stress. So be sure your kids are moving every day – before, during and after school.

BEFORE SCHOOL

There are lots of ways your kids can get active before, or even on the way to school. They can be physically active every morning before breakfast, or, as long as it's safe, walk or bike to school. Just follow these tips to help ensure safety.

Look for traffic at every intersection—look left, right and left again. Be aware of drivers in parked cars that may be getting ready to move.

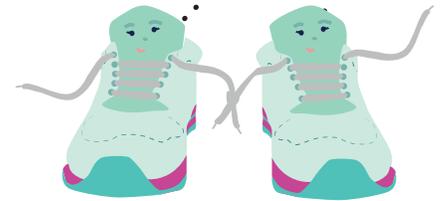
Teach your child to never talk to strangers, and discuss when it's okay to get a ride from a family member or friend.

Remind them to never walk or bike alone, and to take the same route every day.

Designate safe places to go in case they need help, like grocery stores or a friend's house.

Respect traffic lights and stop signs.

Always wear a helmet.



DURING SCHOOL

P.E. and recess aren't the only times kids should be moving at school. Encourage teachers to take activity breaks throughout the day. Here are some suggestions:

-  **Chair-obics:** Students can do leg lifts and other physical activities while seated in their chairs.
-  **Action Words:** Read a story aloud. Every time a verb comes up, students can act it out.
-  **Scenic Route:** Stop class 3 minutes early and take the long way to the next class.



AFTER SCHOOL

Encourage your kids to get some extra movement during their extracurricular activities or at home. Take note of these easy ideas, and chalk one up for good health.

-  Play together as a family. Go for a bike ride, shoot some hoops or take a walk.
-  Enroll your child in afterschool activities like sports, dance or physical activity programs.
-  Play kickball or fly a kite at a local park.



When it's chilly outside, move the physical activity inside.

-  Turn on some music and dance.
-  While you watch TV, do jumping jacks or run in place during commercials.
-  Go bowling or check out a roller-skating rink.



For even more healthy tips visit

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