Motivating Your Child to be Active

Many children enjoy being active, but some may need more encouragement. Young children should be physically active many times during the day. Here are some tips to help motivate your child to be active.

**Incorporate Activity into Routines**
Take the stairs instead of the elevator, and walk instead of driving when possible.

**Model an Active Lifestyle**
Be a positive role model for your family by participating in physical activity yourself.

**Establish a Regular Schedule**
Give your child regular opportunities for active play. Schedule physical activity as a part of your family’s lifestyle.

**Encourage Age-Appropriate Activities**
Help your child build skills by playing simple games. Throw a ball, play tag, ride bikes, or play freeze dance.

**Make it Fun!**
When your child enjoys an activity, he or she will want to do it more. Encourage active play by making it a game.