Active Parents = Active Children
Be Active as a Family

Benefits of Physical Activity
• Physically fit children learn and concentrate better in school.
• Prevents or reduces obesity and chronic diseases in your family.
• Active teens are less likely to have depression, anxiety or start smoking.
• Boosts self-esteem.
• Parenting can be stressful sometimes. Exercise can help parents’ better handle stress.
• Parent role modeling of regular exercise and healthy eating is the best strategy to give your children a healthy future.

What’s stopping you?

Time: Everyone is busy, but there are ways to fit fun and physical activity into your daily routine. Make it a priority and active play can happen every day.

Motivation: The first step is starting. Find an activity you and your family like doing or ask a physiotherapist to help plan your activity program. Keep moving, keep playing, and make it a habit.

Cost: Movement is free! Walk, run, explore as a family. There are community resources to help families with limited income to participate in organized activities.

Injury/ Disability: A physiotherapist can help you all to get active and stay active whether you or your child’s injury/disability are recent or chronic. Everyone can play!

Tips
• Visit www.bringbackplay.ca. It is a database full of games that can be played with little to no equipment. You will likely find the ones you loved to play as a child.
• Additional Information
Public Health Agency of Canada – Physical Activity Guides.


Active for Life. Raising happy healthy kids.

http://activeforlife.com/

The Preschooler Focus. McMaster University

http://fhs.mcmaster.ca/chemp/newsletters_bulletins.html

Have a Ball Together. Ontario’s maternal, newborn, and early child development resource centre

http://haveaballtogether.ca/

References


