

## Healthy Lifestyle Tip Sheet......

# Fitness Fun for Kids 6-12 Years Old



### **Physical Activity Gets Kids Moving!**

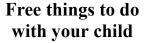
- Try for 60 minutes of physical activity every day.
- © Encourage children to try different activities to find their likes and dislikes.
- © Be active together as a family.
- © Be safe. Use safety equipment, like bike helmets, shin quards, wrist quards, and elbow and kneepads.
- © School-aged kids can play on teams, as well as participate in individual activities.
- © Look for programs and classes that focus on developing abilities like beginner, intermediate, and advanced, rather than age, since kids mature at different rates.



#### Places to Call for Group Activities:

Parks and Recreation are listed in the light blue front section of the phone book under:

- City Government Offices Recreation & Parks
  County Government Offices Parks Department
- California State Government Offices Parks & Recreation Department
- United States Government Offices Physical activity information 1-888-232-4674



- Biking
- Hiking
- Baseball or softball
- Soccer
- Tennis
- Swimming
- Basketball
- Kickball
- Walking
- Jogging
- Fly a kite
- Skateboarding
- Working out
- Work in the garden
- Play Frisbee
- Dancing
- Jump Rope
- Rake leaves
- Walk the dog
- Wash the car
- Play hopscotch
- Roller and in-line skating
- Play tag, twister, limbo

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