**SET GOALS**
Set realistic goals and make small, lasting changes to set yourself up for success.

**BE A GOOD ROLE MODEL**
Children are more likely to be active if their families are active with them.

**HAVE FUN**
Putting your child in organized sports or classes will keep them active and help them discover their favorite ways to get moving.

**STAY ACTIVE**
Develop a lifelong habit. Children who are active tend to remain active as adults.

**SKIP THE SCREENS**
Children should be limited to two hours of screen time daily.

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**ACTIVITY HELPS OUR:**

**BRAIN**
Exercise releases hormones that make you feel good. It can also help kids develop a sense of accomplishment.

**HEART**
Regular exercise can prevent heart disease in the future as well as reduce the risk of chronic diseases like obesity, Diabetes mellitus and high blood pressure.

**BONES**
Movement helps strengthen our muscles and our bones.

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**MOVE MORE**
Our bodies are meant to move

**KIDS & TEENS**
should get at least 60 minutes of physical activity every day, including play and structured activities.

Learn more at [heart.org/lifes8](http://heart.org/lifes8)

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