



## **Making it happen**

### **Try to include:**

- Fun
- Success
- Variety
- Choice
- Family participation.

### **Try to avoid:**

- Failure
- Embarrassment
- Competition
- Boredom
- Injury.



[www.scdhec.gov](http://www.scdhec.gov)

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# **active** children *are* **healthy** children

*Ways to help your child become  
more physically active.*



## **Tips on being active**

### **Make physical activity fun.**

Include activities that will interest your child.

### **Involve the whole family.**

Start a weekly family fitness outing. It can be as simple as playing ball or walking around the neighborhood.

### **Set goals for your child.**

Expect kids to be active. Make physical activity a family routine.

### **Get involved.**

Check with your local Parks and Recreation Department, YMCA, YWCA, churches and after school programs.



### **Include friends.**

Include as many of your child's friends as you can, and learn how to include them as often as possible.

### **Be active with schools.**

Find out what is being taught in your child's physical education classes. Support the teaching of lifelong activities such as walking, biking, running and stretching.

### **Find a safe place to play.**

Find a place free from strangers, cars, dangerous objects, rough play, and environmental factors, such as pollution and trash.

### **Be a positive role model.**

As a parent, you need to be active. If your kids see you exercise, they will be more likely to follow in your footsteps.

### **Buy affordable equipment.**

Buy things like balls, hoops, ropes, skates, etc. These items can be used in many different games.



## **For More Info:**

- **SC Department of Health and Environmental Control**  
[www.scdhec.gov/obesity](http://www.scdhec.gov/obesity)
- **Eat Smart Move More SC**  
[www.EatSmartMoveMoreSC.org](http://www.EatSmartMoveMoreSC.org)
- **SC Department of Parks, Recreation, and Tourism**  
[www.scprrt.com](http://www.scprrt.com)
- **SC State Parks**  
[www.southcarolinaparks.com](http://www.southcarolinaparks.com)
- **YMCA**  
[www.ymca.net](http://www.ymca.net)
- **Let's Move**  
[www.letsmove.gov](http://www.letsmove.gov)