Physical activity is an important part of childhood. Children need 60 minutes of exercise each day to stay healthy and grow at a healthy weight. For kids, exercise does not mean going to the gym or lifting weights, but just playing and being physically active. This can be during gym class, at recess, playing outside or any activity where their bodies are moving.

Below is a list of activities to enjoy with infants (0-12 months). Caregivers should dedicate an hour a day to play with their infant. It’s never too early to be active – even babies need physical activity. This helps babies learn. According to the American Academy (AAP) of Pediatrics, simple things like playing, reaching, grabbing and having “tummy time” help babies grow and develop into healthy children.

**Suggested Activities for Infants**

- Encourage tummy time.
- Work on balance by holding hands as they stand or walk
- Place baby on play mat with toys suspended above, to encourage them to reach and kick.
- At 3-4 months, help baby stand and sit until he/she is tired.
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Below is a list of activities to enjoy with toddlers (1-3 years). Toddlers are naturally active, so it’s easy to forget they need daily physical activity. The National Association of Sports and Physical Education (NASPE) recommends at least 30 minutes of structured physical activity (planned and adult-led) plus at least 60 minutes of unstructured physical activity (free play) per day for this age group. Caregivers should spend time with their toddler and allow them to run, climb, jump, build, clap, reach, march, dance, skip — anything that gets their body moving!

### Suggested Activities for Toddlers

- Introduce active movement songs like “The Wheels on the Bus,” “Head, Shoulders, Knees and Toes,” etc.
- Dance party
- Play ball
- Follow the leader
- Act out a part of the child’s favorite book.
- Walk and move like different animals.
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Below is a list of activities to enjoy with preschoolers (3-5 years). This age group enjoys social interactions, they are curious and are refining their motor skills! The National Association of Sports and Physical Education (NASPE) recommends at least 30 minutes of structured physical activity (planned and adult-led) plus at least 60 minutes of unstructured physical activity (free play) per day for this age group. This is a great time to start social socialization with other children and challenge them with more structured activities. Try hoola hoop, sidewalk chalk, bubbles, bean bag games, balls, catch, safe household tools like measuring cups and wooden spoons – activities that provide both physical and mental stimulation.

**Suggested Activities for Preschoolers**

- Walking
- Running
- Freeze tag or freeze dance
- Climbing
- Riding a bicycle or tricycle
- Hide and seek
- Simon says
- Chores (sorting socks, vacuuming, sweeping)
- Eye Spy (talk a walk outside to spot different things)
- Dance party
- Walk to the store or playground
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Below is a list of activities to enjoy with gradeschool children (5-12 years). Physical activity should become as routine a part of the child's life as eating and sleeping. Caregivers should promote all kinds of activities at this age – both fun and competitive. Playing different sports is a form of fitness.

**Suggested Activities for Gradeschool Children**

- Capture the flag
- Four square
- Cycling (with a helmet)
- Swimming
- Basketball
- Jogging
- Walking briskly
- Cross country skiing
- Dancing
- Aerobics
- Soccer
- Gymnastics
- Hockey
- Golf
- Football
- Baseball
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Below is a list of activities to enjoy with teens (12-18 years). There are a lot of things vying for the attention of this age group – friends, dating, video games, schoolwork, jobs and more. Caregivers must make a concerted effort to engage their teen in play. According to the American Academy of Pediatrics, all activities should be positive and fun, simple, and get the heart pumping and teens should know warm-ups and cool-downs are essential.

**Suggested Activities for Teens**

- In-Line Skating/Roller-blading
- Skiing
- Cycling (with a helmet)
- Swimming
- Basketball
- Jogging
- Walking briskly
- Dancing
- Aerobics
- Soccer
- Gymnastics
- Hockey
- Golf
- Football
- Baseball