STRATEGY 4: Provide Opportunities to Get Physical Activity Every Day

Physical activity has immediate and long-term benefits for everyone, both young and old. Yet, children don’t always get enough physical activity each day. Here are some ideas for adding physical activity to your day!

**Bolded items** mean there is a supporting handout in this section!

**Provide Physical Activity Every Day:**
- Provide infants supervised tummy time at least 2-3 times each day.
- Aside from eating and napping, limit sedentary activities to no more than 15 minutes at a time.
- Take children outside to play every day.
- Have staff participate in movement activities and free play with the children.
- Use movement in learning; see Movement in Learning Resources.
- Use Quick Physical Activity Breaks.
- Use the 5-2-1-0 Grab and Go Activity Ring that comes with your toolkit.
- Do not take away physical activity as a punishment.
- Use Physical Activity as a Reward.
- Create a Dedicated Activity Space at your program.
- Borrow and use a StoryWalk™.

**Learn how to include physical activity in every day and share this knowledge with families using these handouts:**
- Get One Hour or More of Physical Activity Every Day
- Make Physical Play Part of Every Day!
- Take It Outside

**Set a program policy that requires opportunities for physical activity to be provided every day.**
- Refer to the Guide to Success packet in Step 2 Tab for help with this.

**PHYSICAL ACTIVITY**
is any movement that increases heart rate and breathing such as running, climbing, jumping, dancing, etc.

MaineHealth
LET’S GO!
5-2-1-0