

## STRATEGY 4: Provide Opportunities to Get Physical Activity Every Day

# how to implement

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 **Let's Go! Recognition Program** packet in the 'Step 5: Celebrate' Tab for help with this.

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

