

Use

# PHYSICAL ACTIVITY AS A REWARD



**Let's help kids understand that movement can be fun!**

**Using physical activity instead of a food reward:**

- Helps kids get their 1 hour a day!
- Makes physical activity fun!
- Won't limit how many rewards you can give, as they just add up to more activity for kids!

**So next time you want to reward kids,** think about how you could make it physically active. Here are some ideas to get you started:

- A 'walk and talk' with a special person.
- Dancing to favorite music.
- Extra outdoor time.
- Setting up an obstacle course.
- Special access to particular toys or games that promote movement like a bike or jump rope.
- A monthly physical activity event to celebrate accomplishments.