



Children Need **60 Minutes** of Physical Activity Every day

20 Minutes

of daily physical activity
at school

+

40 Minutes

of daily physical activity
outside school

=

60 Minutes

is the minimum amount of daily physical activity that
is needed for optimal growth and development.

Run. Jump. Play. Every Day!

★ Tips

Physical Activity Boosters:

- Have your children walk or cycle to school.
- Be active together. Go for an evening walk or play at the local park.
- Encourage your child to be active during recess.
- For more information, contact KFL&A Public Health at 613-549-1232 or 1-800-267-7875, ext 1102.