

10

really good reasons **EXERCISE** is important for your child...



- #1 Exercise helps kids **build self-esteem** and **confidence**!
- #2 Exercise acts like “**Brain Fertilizer**” to keep kids’ brains healthy so they can **think better**!
- #3 Exercise helps kids **avoid anxiety** and **depression**!
- #4 Exercise teaches kids to **be more active**, instead of just sitting around watching TV and whining.
- #5 Exercise helps kids tune up their **coordination** and keep their bodies **working smoothly**!
- #6 Exercise helps kids **avoid deadly diseases** like **diabetes**.
- #7 Exercise helps kids build **healthy hearts**!
- #8 Exercise helps **build strong bones**!
- #9 Exercise helps kids **build strong muscles**!
- #10 Exercise helps kids set and reach **goals** — and **be winners** in life!

...and how **BICYCLING** and **WALKING** can help your child grow up healthy and strong!



Active
Living **RESOURCE**
CENTER

3 WAYS THAT BICYCLING AND WALKING CAN HELP YOUR CHILD KEEP FIT

#1: BY MAKING EXERCISE A REGULAR PART OF YOUR CHILD'S LIFE

If your child walks or bikes to school, to visit friends, to play in the park, or to go to the store, that's regular exercise!

If your child exercises for 30 minutes every day, it adds up quickly!



#2: BY EMPHASIZING LOW-IMPACT EXERCISE



Bicycling and walking are easy on your child's body. It's hard to pull a muscle bicycling or ruin a knee walking.

With a well-adjusted bike and helmet, good walking or running shoes, and some basic safety tips, your child is ready for action!

#3: BY EXPANDING YOUR CHILD'S WORLD

Kids who get driven everywhere in a car see the world go by in a blur. They don't have a connection with the places they pass through and may not even know how to get to their favorite destinations on their own.

Kids who walk and bike learn where playgrounds, ice cream shops, and basketball courts are — and how to get to them!



HOT TIPS!

■ Daily exercise means starting a healthy new habit. And habits take some time to get established.



Get in the habit of walking and biking with your kids for month or two and you'll miss if you stop! (And so will they!)

■ Exercise — even moderate exercise — within 2 hours of bedtime can improve sleep.



A nice walk or bike ride around the neighborhood with your kids can help get them ready for a good night's sleep.

■ Many cities and towns have bike racks on their buses. You can ride to a nearby bus stop and when the bus comes, load your bike on the rack and go!



Call the bus company right now and ask how you can take your bikes along!