



TIPS FOR YOUR CHILD'S FIRST 5 YEARS

ACTIVE LIFESTYLE

- 1 Exercise and play as a family a minimum of one hour a day
- 2 Reward your child with an activity, not food
- 3 Give gifts that are fitness-oriented
- 4 Encourage your child to walk instead of using a stroller
- 5 Turn off the TV and read, talk and dance together

A circular photograph of a young boy with short dark hair, smiling and holding a brown football against his cheek. The background is green and out of focus.

**FIRST 5
LA** 
Champions For Our Children

Resources for families and kids 0-5
1-888-FIRST5-LA • www.ReadySetGrowLA.org

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