



# 5 WAYS

to help your child develop an

## ACTIVE LIFESTYLE

**1** Limit your child's screen time each day.

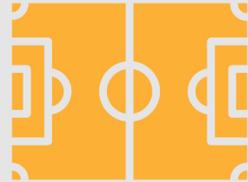


**2** Expose them to lifetime sports that can be played now and as an adult.

**3** Discuss the benefits of being active for life.



**4** Provide access to equipment, space and programming.



**5** Encourage trying lots of sports (sampling) and free play.



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The following organizations contributed to the creation of these resources for use by all sports organizations in the U.S.

