My Fit WIC goal for my child:

To achieve my goal I will:


Missouri Department of Health and Senior Services
Bureau of WIC and Nutrition Services
P.O. Box 570
Jefferson City, 65102-0570
573-751-6204

Alternate forms of this publication for persons with disabilities may be obtained by contacting the Missouri Department of Health and Senior Services at 573-751-6204.
Hearing and speech impaired persons telephone 1-800-735-2966       VOICE 1-800-735-2466

AN EQUAL OPPORTUNITY/AFFIRMATIVE ACTION EMPLOYER

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Why Physical Activity is Important for Your Child:
- It helps to build healthy bones, heart and muscles
- It develops motor skills and coordination
- It helps children to learn new skills and use imagination
- It helps children to learn about words, thoughts and feelings and to get along with others
- It promotes lifelong healthy habits

Active Children:
- Are less likely to misbehave and get in trouble
- Have a healthy weight and are less likely to become overweight
- Are more coordinated in their movement
- Are happier and healthier
- Sleep well

General Guidelines for Physical Activity:
The American Academy of Pediatrics* suggests:
- Safe and supervised free play that includes fun, playfulness, exploration and experimentation should be encouraged

What You Can Do to Help Your Child Become More Active:
- Become a role model—children like to do what their parents and caregivers do
- Find activities you can both enjoy
- Let your child play with other children

Outdoor Activities for Your Child:
- Go for walks
- Run around in the backyard or park
- Set up obstacles to jump over and run around
- Throw or kick a ball back and forth
- Ride a bicycle or tricycle
- Practice jumping rope
- Play tag

Indoor Activities for Your Child:
- Set up an indoor treasure hunt with toys
- Dance or march to favorite music
- Play Follow-the-Leader: move your body parts and encourage your child to follow

Everyday Activities for You and Your Child:
- Take your child with you to do errands—avoid using strollers and carts
- Walk up and down stairs
- Take the family dog for a walk
- Include your child in chores such as sweeping, dusting and picking up toys

Active children are less likely to become overweight.