

BE A MOVE SMART CHILD CARE

Make a difference.

Examples of Physical Activity Guidelines

- ✓ At least 90 minutes of physical activity each day.
- ✓ Teacher led activity 30 minutes or more each day.
- ✓ Physical activity is never withheld as punishment.
- ✓ Enough play equipment for all children to participate at the same time.
- ✓ No more than 30 minutes per week of screen time, and only for educational purposes.

For more information:
www.health.mo.gov/movesmart



Missouri
Move Smart
Child Care



Missouri Department of Health and Senior Services
AN EQUAL OPPORTUNITY/AFFIRMATIVE ACTION EMPLOYER
Services provided on a nondiscriminatory basis.

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