“Team sports weren’t his thing — so he found his own way to play.”

There’s a sport or activity out there for everyone. Help your kids find fun ways to move.

Kids and teens need at least 60 minutes of physical activity every day.

And sports can help them get it!

✅ Participating in sports builds activity into their routine

✅ Trying different sports can help them learn new ways to move

✅ Sports can help strengthen kids’ hearts, muscles, and bones

When kids run, jump, climb, skate, swim, and play, they get the mix of activities they need to be healthy.

Learn how to help your kids get active.
health.gov/MoveYourWay/Parents