

# Physical activity is for everybody!



Whether at home, in childcare, at school, or in the community, we all have a role in getting kids active.

For more information, tips and activity ideas, visit [haveaballtogether.ca](https://haveaballtogether.ca)



Have a Ball Together!

best start  
meilleur départ

by/par health **nexus** santé

Project funded by:  
**LAWSON**  
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**Children 1-4 years should  
accumulate at least 180 minutes  
of physical activity every day!**



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**Children 5-11 years should  
accumulate 60 minutes  
of moderate-vigorous intensity  
physical activity each day!**



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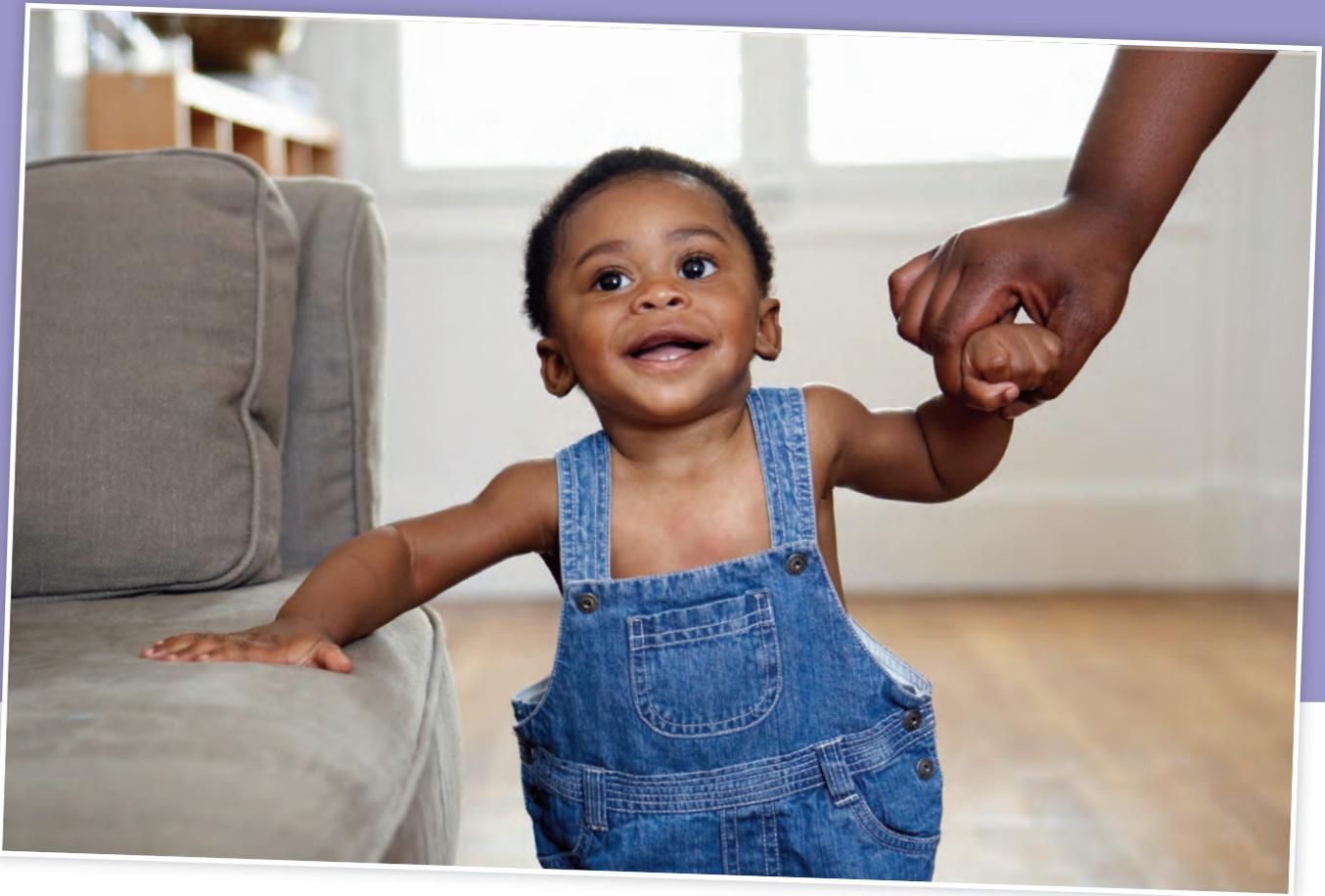
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# Physical activity during the early years sets the stage for an active life!



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# Did you know that children are more active when they are outside?



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**Children should be physically active each day. Try play, games, sports and active transportation!**



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# Be an active role model!



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**Give a child an active start  
and they will be more likely to  
lead a healthy and happy life!**



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# Physical activity is important for healthy growth and development!



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# Winter, spring, summer and fall... be active through the seasons!



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