



MOVE
YOUR WAY®

Help Your Kids Find Their Way to Play

You know your kids need physical activity to be healthy. But did you know **playing sports** can give them benefits beyond physical health?

Sports teach kids the skills they need to succeed in life.



Focus



Teamwork



Leadership



Work ethic

So help your kids get in the game.

How can I get my kids interested in sports?

It's all about finding the right sports — and right level of competition — for your kids.



They can join a team



Or do their own thing

And they don't need to be athletic — no matter what their level of skill or experience is, they can find an option that works for them.

So encourage your kids to **try a variety of sports** during the year.



That can help them find sports they really love — and lower their risk of injury.

How can I make sports work for my family?

Youth sports can be a big commitment — but they don't have to be.



Look for free or low-cost leagues and classes



Choose local teams that don't travel for games




Play sports with your kids and get active together


Remember, kids need physical activity every day.


Kids and teens ages 6 to 17 need at least **60 minutes** of activity every day.

And sports can help them get it!

- Weekly practices and classes build activity into their routine
- Sports can give kids all **3 types** of activity they need

 **Aerobic** (makes their hearts beat faster) — like running

 **Muscle strengthening** — like throwing

 **Bone strengthening** — like jumping



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

So help your kids find their way to play!

Every kid can find a sport that's fun for them.
Find more tips to help your kids get active.

health.gov/MoveYourWay/Parents

