



**“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.**

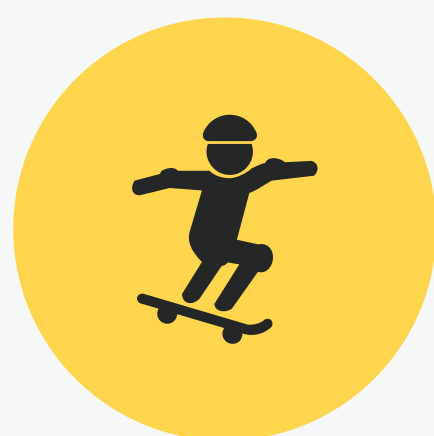
**Kids and teens need at least 60 minutes of physical activity every day.**

**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](https://health.gov/MoveYourWay/Parents)

