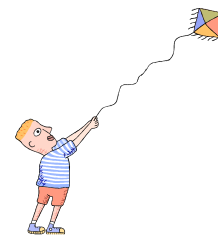


# Fitness Fun for Kids 6-12 Years Old



## Physical Activity Gets Kids Moving!

- ☺ Try for 60 minutes of physical activity every day.
- ☺ Encourage children to try different activities to find their likes and dislikes.
- ☺ Be active together as a family.
- ☺ Be safe. Use safety equipment, like bike helmets, shin guards, wrist guards, and elbow and kneepads.
- ☺ School-aged kids can play on teams, as well as participate in individual activities.
- ☺ Look for programs and classes that focus on developing abilities like beginner, intermediate, and advanced, rather than age, since kids mature at different rates.



## Free things to do with your child

- ✓ Biking
- ✓ Hiking
- ✓ Baseball or softball
- ✓ Soccer
- ✓ Tennis
- ✓ Swimming
- ✓ Basketball
- ✓ Kickball
- ✓ Walking
- ✓ Jogging
- ✓ Fly a kite
- ✓ Skateboarding
- ✓ Working out
- ✓ Work in the garden
- ✓ Play Frisbee
- ✓ Dancing
- ✓ Jump Rope
- ✓ Rake leaves
- ✓ Walk the dog
- ✓ Wash the car
- ✓ Play hopscotch
- ✓ Roller and in-line skating
- ✓ Play tag, twister, limbo



## Places to Call for Group Activities:

**Parks and Recreation** are listed in the light blue front section of the phone book under:

- ◆ **City Government Offices** — Recreation & Parks
- ◆ **County Government Offices** — Parks Department
- ◆ **California State Government Offices** — Parks & Recreation Department
- ◆ **United States Government Offices** — Physical activity information 1-888-232-4674