



Active Minds Active Bodies



Our Goal Is to Get Halton's Children and Youth Moving More. You Can Help!

Your efforts can contribute towards increasing physical activity among Halton's children and youth. "How can I do that?" you might ask.

You can...

- learn about what activities are appropriate for children at specific ages. In general, younger children need less structured activities, played for shorter periods. Older children will appreciate working on the skills and rules of particular games. Allow for children's different interests, talents and rates of development.
- provide access to spaces, both indoors and outdoors, with room to move and to play. Provide equipment that challenges children at the level of their age. Remember to check for safety hazards and remove potential dangers.
- develop awareness. Help children and youth become aware of how much activity they do now and how inactive they may be.
- educate children and youth. Communicate with children and youth about the importance of daily physical activity and how it affects their health.
- give feedback and praise. Encourage children and youth to try new activities and praise them for their efforts.
- minimize competition. Some children thrive in a competitive environment. Many other children lose their motivation to participate when they lose the game or the race.
- promote a selection of book titles that illustrate the wide range of sports, leisure and active living opportunities available.
- be a positive role model and talk about your own active pursuits.

