



## Helping children (5–12 year olds) be more active

**Being active will help your child reach and stay at a healthy body weight and sleep better.**

It can also be fun for the whole family.

Walk, run, play and be active with your child. By being physically active yourself, you are setting a good example.

If your child is not usually active, start with 5–10 minutes of easy activity a day and increase that time a little each week. Aim to build up to at least 1 hour of activity each day – you can spread that hour over the day.

Instead of getting in the car for short trips, like to and from school, try walking, biking or scooting with your child. Start by doing this once a week, and add more trips over time. Try setting up a walking school bus with other families.

Encourage your child to play outside as much as possible, including during breaks at school.

Encourage your child to join a school sports team, local sports club, dance group, scouts or other active recreation group.

Try to do something fun and active as a family each week. Some ideas are going on beach or bush walks, kicking a ball outside, playing a game of tag or basketball or tennis, going to the local swimming pool or flying a kite at the park.

Limit the amount of time your child spends watching TV or in front of a computer screen to less than 2 hours a day (outside school time).



### Find out more from the Ministry

*Food and Nutrition Guidelines for Healthy Children and Young People (Aged 2–18 years):  
A background paper*