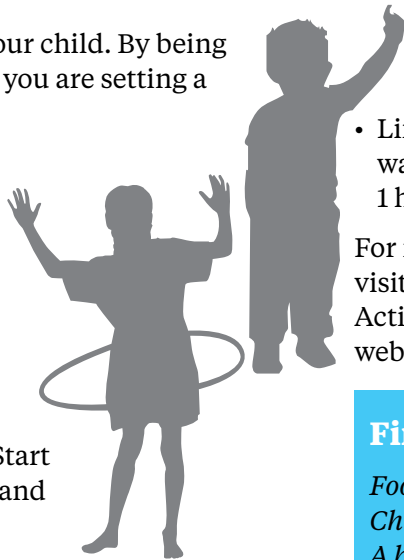


## Tips to help 2–5 year olds be more active

**Being active will help your child achieve and maintain a healthy body weight. Being active has many other health benefits and can be fun for the whole family.**

- Walk, run and play with your child. By being physically active yourself, you are setting a good example.
- If your child is not usually active, start with something fun like a trip to the local playground. Walking there adds extra steps into the day.
- Instead of short car trips, try walking, biking or scooting with your child. Start by doing this once a week and add more trips over time.



- Encourage your child to play outside as much as possible.
- Try to do something fun and active as a family each week. Some ideas are walk along the beach, roll down a grass bank, play tag, fly a kite at the park or take a trip to the local swimming pool.
- Limit the amount of time your child spends watching TV or in front of a screen to less than 1 hour a day.

For more low- or no-cost family activity ideas, visit the [myfamily.kiwi/activities](http://myfamily.kiwi/activities) webpage or Activities for under 5s on our [health.govt.nz](http://health.govt.nz) website.

### Find out more from the Ministry

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