



“Sports are more than just a workout — he’s learning skills he needs off the field, too.”

Sports can teach your kids important life skills:

- ✓ Work ethic
- ✓ Teamwork
- ✓ Leadership

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

