

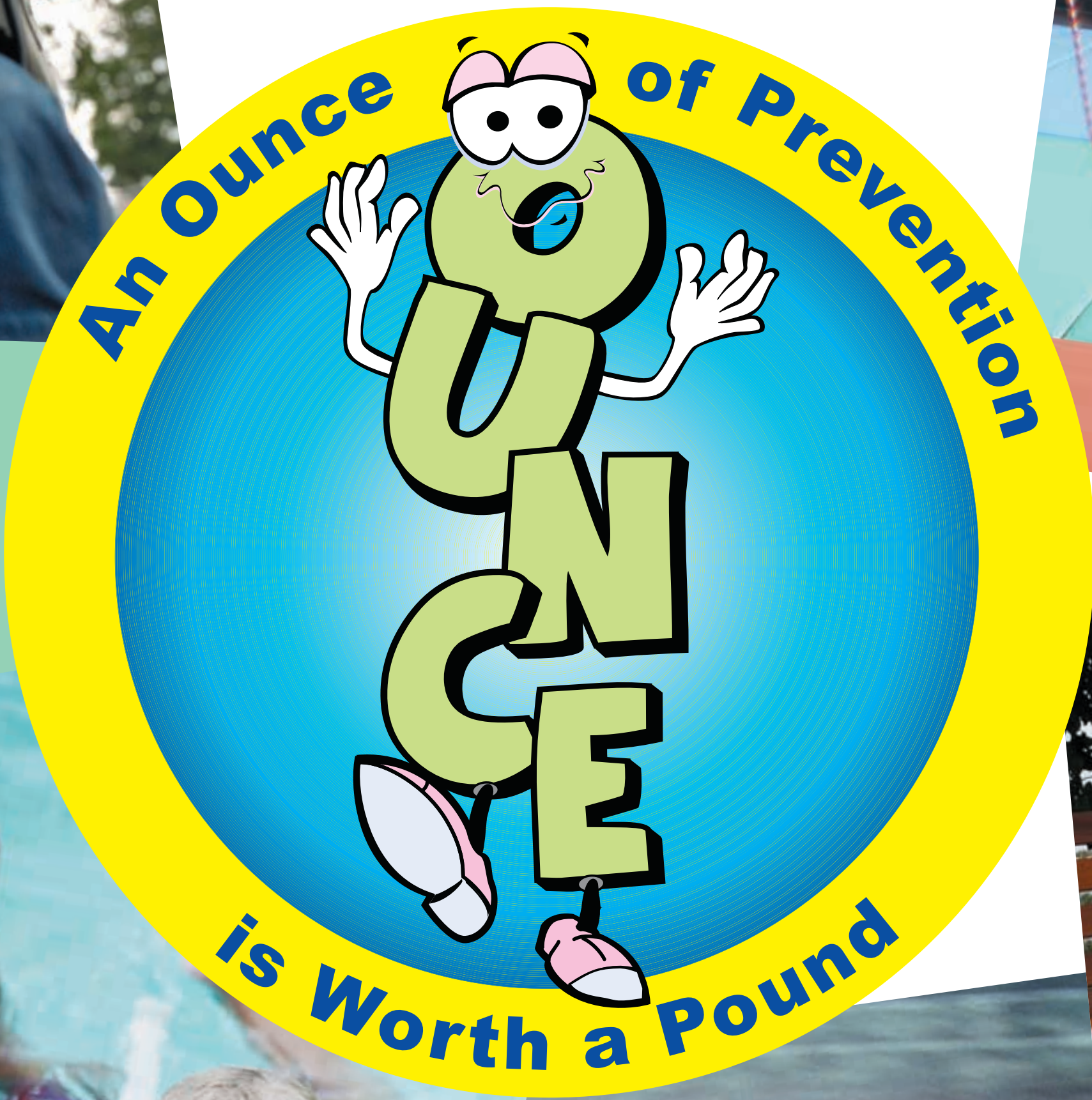
# Healthy **activity**



**Daily physical activity is part of a child's foundation for a long, healthy life.**



**Encourage DAILY active play that includes the whole family (1 hour per day).**



**Children naturally like to play and be active.**



**Screen time (TV, computer, electronic games)**

under 2 years	not recommended
2-6 years	1-2 hours per day