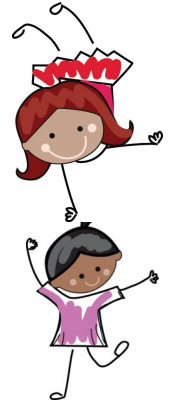


# Physical Literacy

Did you know?

- ◆ 30% of Canadian children are overweight or obese
- ◆ Statistics show Canadian children are not active enough
- ◆ You CAN build physical literacy with your children!



Motivation

+

Confidence

+

Competence



## To MOVE for a LIFETIME



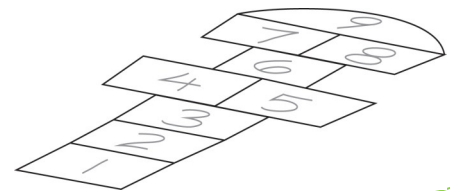
### ACTIVE children have:

- ◆ Better health physically AND mentally
- ◆ Better school attendance AND grades
- ◆ More self confidence AND are happier
- ◆ Less risk of developing heart disease, stroke, cancer and diabetes **for life**

**PHYSICAL LITERACY is the first step!**

### Parents can:

- ◆ Actively play WITH children
- ◆ Sing songs and rhymes that have actions and movements
- ◆ Create an environment that sparks movement & exploration



For more information and activity ideas visit:

- ◆ [www.activeforlife.com](http://www.activeforlife.com) - Under *Physical Literacy* visit *Resources for Parents* and be sure to check out the *Kid Active Web App* for fun activity ideas
- ◆ [www.csep.ca](http://www.csep.ca) - Canadian Physical Activity and Sedentary Behaviour Guidelines
- [www.canadiansportforlife.ca](http://www.canadiansportforlife.ca) - Check out the Parents section