



5 WAYS

to keep your child physically

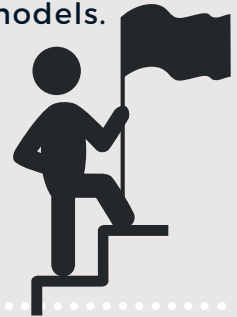
ACTIVE FOR LIFE

1 Encourage outdoor activity and free play with friends.



2 Go play with your child.

3 Help your child identify sport role models.



4 Get them to sample multiple sports to discover what they enjoy.

5 Seek out appropriately-sized equipment for different sport experiences at home.



TEAM USA

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The following organizations contributed to the creation of these resources for use by all sports organizations in the U.S.

