



## Play!

Get one hour or more of physical activity a day. Do what you love: walk, run, swim, hike, play ball, jump rope or dance.

### Zoo Fun Fact:

All animals need daily exercise to stay healthy. The Simon Skjodt International Orangutan Center at the Indianapolis Zoo includes special climbing structures both indoors and out so orangutans can get moving.



More information and resources at [wfyi.org/5210](http://wfyi.org/5210)



Anthem Blue Cross and Blue Shield Foundation





## Tips for Your Family to Get Started

- Make physical activity fun! Never force a child to be physically active or make fun of children who aren't active.
- Encourage your kids to do the activities they love most.
- Start by making small changes that will stick.
- Fitness is for the whole family. Be a role model and move with your kids.
- Walk or bike with the kids a few times a week.
- Park in the farthest parking space.
- Take the stairs.
- Train with your family for a community walking or running event.
- Get outside and explore with the whole family.
- Busy schedule? Do shorter bouts of activity throughout the day until they add up to about 60 minutes.
- Get fit while having fun at your favorite locations like the Indianapolis Zoo. A trip around the walking paths at the Zoo is 1.25 miles.



## Switch off, Play more!

Kids need about an hour or more of physical activity every day to help them stay healthy. Physical activity helps decrease stress, improve sleep, and increase energy. It makes bones and muscles stronger and helps kids feel good about themselves.

