

# Pre-Schoolers' L.I.V.E. PYRAMID

Help your preschooler have fun and be active each week!

Involve children in some of these activities...



**WITH YOUR CHILD, YOU CAN:**  
 Go bicycling  
 Take a walk  
 Play at a park

**CUT DOWN ON**

Watching TV  
 Playing video and computer games  
 Sitting for more than 30 minutes at a time



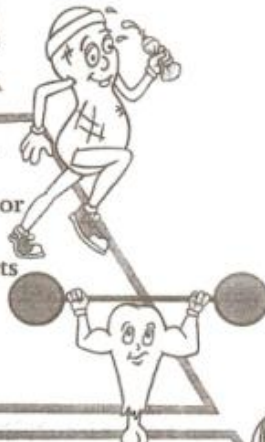
**WITH FRIENDS, CHILDREN CAN:**  
 Play games like dodge ball or tag  
 Dance to favorite music  
 Play a team sport at school or at a park

**2-3 TIMES A WEEK**

**Leisure & Playtime**  
 Swinging  
 Canoeing  
 Tumbling  
 Miniature golf



**Strength & Flexibility**  
 Push-ups or pull-ups  
 Martial arts  
 Dancing  
 Rope climbing



**ALONE, CHILDREN CAN:**  
 Jump rope  
 Fly a kite  
 Do cartwheels  
 Shoot baskets

**3-5 TIMES A WEEK**

**Aerobic (at least 20 minutes)**  
 Rollerblading  
 Bicycling  
 Skateboarding  
 Rope jumping  
 Swimming  
 Running



**Recreational (at least 20 minutes)**  
 Volleyball  
 Basketball  
 Soccer  
 Skiing  
 Kickball  
 Relay races



**EVERY DAY**

**(as often as possible)**  
 Play outside  
 Take the stairs instead of the elevator  
 Help around the house or yard  
 Bathe your pet  
 Pick up your toys  
 Walk to the store  
 Go for a walk

