

Pre-Schoolers' L.I.V.E. L.Y.R.A.M.I.L. Pyramid

Help your preschooler have fun and be active each week!

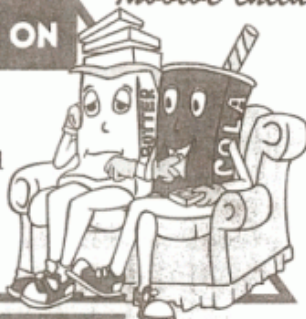
Involve children in some of these activities...



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

CUT DOWN ON

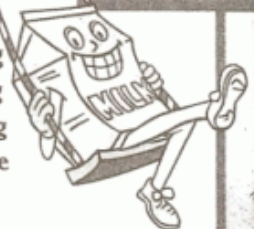
Watching TV
 Playing video and computer games
 Sitting for more than 30 minutes at a time



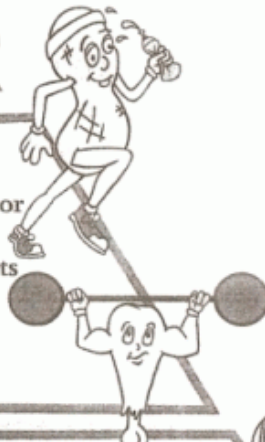
WITH FRIENDS, CHILDREN CAN:
 Play games like dodge ball or tag
 Dance to favorite music
 Play a team sport at school or at a park

2-3 TIMES A WEEK

Leisure & Playtime
 Swinging
 Canoeing
 Tumbling
 Miniature golf



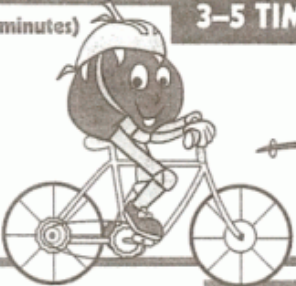
Strength & Flexibility
 Push-ups or pull-ups
 Martial arts
 Dancing
 Rope climbing



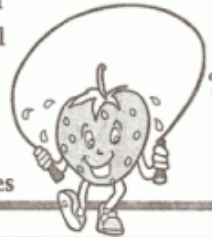
ALONE, CHILDREN CAN:
 Jump rope
 Fly a kite
 Do cartwheels
 Shoot baskets

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

