

Make active time even more fun for your child.

- » Show your child it's good to be active by being active yourself. Children want to do what you do.
- » Find out what activities your child likes or would like to try and then help them do it.
- » Have your child show you the activities they do in school. Do them together as a family.
- » Do activities as a family. Go for walks, hike, ride bikes, rollerblade or roller-skate, play tag or play sports like basketball and volleyball.
- » Turn off the TV or allow only one hour of TV time each day.
- » Limit the amount of time your child spends e-mailing friends or playing games on the computer.
- » If it's safe, let your child walk or bike to school.
- » Get children to help with housework, walking the dog, washing the car, gardening or mowing the lawn.
- » Go to the family swim at the YMCA, health club or community pool.
- » Encourage your child to play sports and games with friends, like tag or dodgeball.

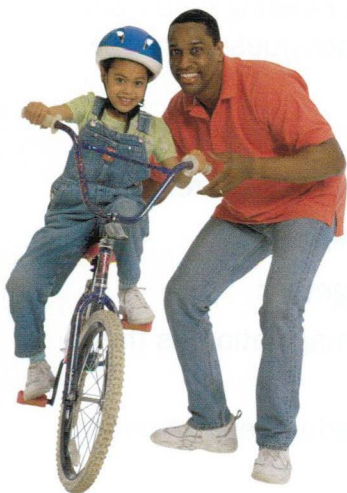


Make sure your child uses safety gear.

- » When biking, a child should always wear a helmet.
- » For some activities, like rollerblading or skateboarding, a child should wear elbow and knee pads.

All children, regardless of ability, should enjoy the benefits of being active.

- » If your child has a disability, there are still plenty of ways for them to be active. Check with your doctor or nurse for advice.



Here's where you can go for more ideas for fun activities, including adapted physical activity opportunities for kids with disabilities:

- » Check your local library, YMCA or local recreation department in your town.
- » Call your local school district and talk to your school's adapted physical education teachers.
- » Check the National Center for Physical Activity and Disability's Program Directory at www.ncpad.org for more adapted physical activity resources in your area.
- » Go to www.mass.gov/MassInMotion to find other ideas in your town.