



Keeping Kids Active & Fit During Summer

- 60 minutes of daily physical activity is recommended.
- Focus on achieving personal goals, improving skills, and most importantly, having fun.
- Playing with friends, whether creative free play or structured sports activity is a good way to engage kids.

Options for Solo or Group Activity

- Running, walking, or hiking
- Cycling
- Rollerblading
- Swimming
- Dancing
- Basketball
- Soccer
- Volleyball
- Hockey
- Field Hockey