

Facebook

Most of a child's daily physical activity should be aerobic activity. Outdoor activities such as basketball, jumping rope, and running are great ways for kids to get the recommended amount of daily aerobic physical activity. <http://bit.ly/2blMUZc>

Learn more about the benefits of walking, walkable communities, and how you can add walking to your daily routine with these helpful resources. <http://bit.ly/2kBcjEE>



Schools are a great place for children to learn about healthy eating and parents play an important role. Learn what parents can do to support healthy school meals. <http://bit.ly/2Hce44h>



Meal planning helps to ensure that you have healthy options available and promotes healthy eating and maintaining a healthy weight. Get tips on how to plan healthy meals for home, work, and on the go. <http://bit.ly/1etYyA6>

Learn how a child-care workgroup in Alaska addressed childhood obesity by promoting nutrition and increasing physical activity in child care centers. <http://bit.ly/2mB7Kvy>

Addressing obesity requires the support of communities. Learn how state and local organizations can create a supportive environment to promote healthy behaviors that help prevent obesity. <http://bit.ly/1JS8YIE>

Twitter

Aerobic activity should be the biggest part of a child's daily physical activity. Learn what counts:

<http://bit.ly/2blMUZc>

You can benefit by making walking a part of your daily routine. Learn how with these helpful resources.

<http://bit.ly/2kBcjEE>



Parents play an important role in supporting nutrition in schools. Learn what parents can do to support healthy school meals. <http://bit.ly/2Hce44h>



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Learn how a child-care workgroup in Alaska promoted nutrition and physical activity in child care centers. <http://bit.ly/2mB7Kvy>

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