Eating well is only one part of leading a healthy lifestyle. Physical activity for at least 30 minutes daily is essential for overall health and wellbeing. In addition to helping children maintain an appropriate weight, physical activity also boosts metabolism, builds muscle, increases stamina, and encourages good mental health.

Activity can — and should — be fun! Many of the games and sports that children naturally enjoy are perfect forms of physical activity. Encourage your kids to run, jump, play ball, bike, climb, dance, play tag — the options are endless! Yeled v’Yalda WIC has created the Healthy Start Kids Program (HSK) to encourage physical activity for the whole family, even among the smallest children.

Be a Part of Your Child’s Healthy Start!

Getting involved in your child’s activities provides positive attention to your child while at the same time reinforcing the importance of exercise. During the spring and summer months encourage outdoor play, as it provides increased opportunities for movement. During the colder months you can get creative and find indoor activities for your child.
Healthy Start Kids

How does this program work?

• Parents/guardians will receive a Healthy Start Kids postcard and Healthy Start Kids stickers. The postcard has a picture of a park on one side and a chart on the reverse, while the stickers depict children engaging in various forms of physical activity.

• Allow your child to choose a physical activity in which he/she would like to engage. After completing the activity, your child should choose the sticker depicting the chosen activity and place it somewhere in the park. Empty stickers have been provided for your child to draw in activities not represented. By week’s end, the park should be full of stickers.

• Parents should keep track of their children’s physical activity by checking off the appropriate days on the chart provided.

• Families participating in the program and returning a completed card to the WIC office will receive a nutrition-related prize.
Outdoor Play

- Walking, running, or jumping rope
- Playing “Tag,” “Red Light-Green Light,” or “Red Rover”
- Playing catch or basketball

Indoor Play

- Turn on music and dance
- Play ‘Simple Simon Says’ with exercise movements
- Tell a story and have the kids act it out
- Riding a scooter, a bike or roller skating (don’t forget to wear protective gear!)
- Playing in the playground
- Sledding or ice skating during the winter
- Have a jumping contest
- Encourage kids to use the stairs instead of the elevator
- Have a hula-hoop contest