



# 5 WAYS

to keep your child physically

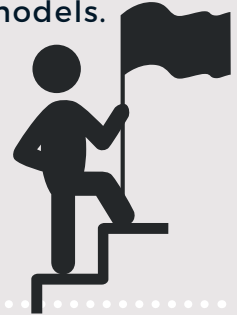
# ACTIVE FOR LIFE

**1** Encourage outdoor activity and free play with friends.



**2** Go play with your child.

**3** Help your child identify sport role models.



**4** Get them to sample multiple sports to discover what they enjoy.

**5** Seek out appropriately-sized equipment for different sport experiences at home.



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The following organizations contributed to the creation of these resources for use by all sports organizations in the U.S.

