



# Physical Activity

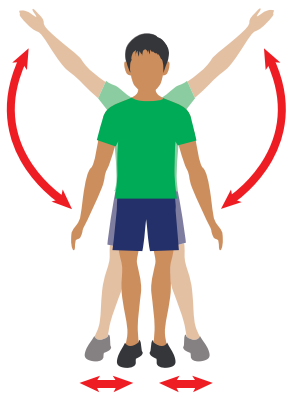
A parent's  
guide to keeping  
kids active.

The American Academy of Pediatrics recommends families enjoy physical activities together to meet the recommended 60 minutes of exercise per day. These opportunities can include playing sports, going to a park or playground, or walking and biking on trails, among other activities. Here are some ideas for some kid-friendly exercises!

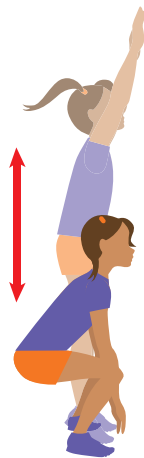
**See the reverse side for some fun exercises.**

# Fun activities

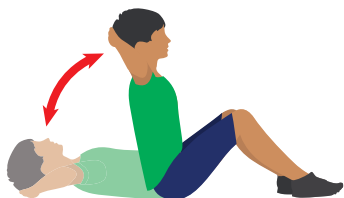
## 1. Jumping jacks



## 2. Frog jumps



## 3. Sit ups



## 4. Crab walk



For more information, visit  
[cardinalglennon.com/SportsCare](https://cardinalglennon.com/SportsCare)

All of our facilities have implemented enhanced safety measures. These may include requiring all individuals to be screened for symptoms and requiring face masks for all upon entry. This will ensure you and your family are protected every step of the way.

