

MAKE ROOM FOR PLAY

KIDS ARE MORE ACTIVE WHEN THEY'RE OUTSIDE



When children are outside they move more, sit less, play longer, and sleep better at night

Parental role modeling - move outdoors, your kids will too

Ontario preschoolers spend twice as much time being active when play is outside - 53% versus 23%

HAVE FUN!
Increase physical activity
Decrease sit time

Visit us online at:

Parentinginottawa.ca/outdoorplay

Source: The Biggest Risk Is Keeping Kids Indoors, the 2015 ParticipACTION Report Card on Physical Activity for Children and Youth.