

Fit~N~Fun!



“To have the energy of a preschooler!”

Hops, skips and jumps, it seems like they never stop! But it is not just child’s play, play is as important as learning A, B, C’s and counting 1, 2, 3! Your child is ready to learn and you are their best teacher.

Doing new things can help your child make sense of their world. It also helps them learn skills that they’ll use for a lifetime.

Physical play is important for healthy growth and development of young children.

Through regular active play, children learn:

- about their bodies,
- what their bodies can do,
- how to control things around them, and
- a love for movement



Do the “Big 3”

- ✓ Play Every Day
- ✓ Build Your Skills
- ✓ Explore Your Community!

Use your Fit WIC Activities book for ideas to try in each section.

Family Fun Walks

Family walks are a great way to get your body moving and share the pleasures of walking, even with your youngest children.

It's important that children start to exercise early to prevent disease risk factors such as excess weight, elevated cholesterol, and high blood pressure.

Try the following to make walking fun for younger children:

- **Nature Walks**—Have your youngster touch the bark on trees, pick up a stone or two, and stop to watch a bug crawling across a sidewalk or path.
- **Counting Walks**—Choose an object that you often see, and start the count like – one mailbox, two mailboxes, three mailboxes.
- **Color Walks**—are perfect for younger children. The goal is to hunt for objects of a specific color. Today might be a “Red Walk Day” - everything red is pointed out: red mailbox flag, red car, red fire truck. Tomorrow might be a “Green Walk Day” – green grass, green house, green car, green mail box.

Walking is an activity that can be done throughout life and if started early can become a good health habit!



**Fun at WIC!!! Ask the WIC Staff about
“Fit-N-Fun” Playgroups at your WIC Agency!**

Fit~N~Fun!



“To have the energy of a preschooler!”

Hops, skips and jumps, it seems like they never stop! But it is not just child’s play, play is as important as learning A, B, C’s and counting 1, 2, 3! Your child is ready to learn and you are their best teacher.

Doing new things can help your child make sense of their world. It also helps them learn skills that they’ll use for a lifetime.

Physical play is important for healthy growth and development of young children.

Through regular active play, children learn:

- about their bodies,
- what their bodies can do,
- how to control things around them, and
- a love for movement



Do the “Big 3”

- ✓ Play Every Day
- ✓ Build Your Skills
- ✓ Explore Your Community!

Use your Fit WIC Activities book for ideas to try in each section.

Family Fun Walks

Family walks are a great way to get your body moving and share the pleasures of walking, even with your youngest children.

It's important that children start to exercise early to prevent disease risk factors such as excess weight, elevated cholesterol, and high blood pressure.

Try the following to make walking fun for younger children:

- **Nature Walks**—Have your youngster touch the bark on trees, pick up a stone or two, and stop to watch a bug crawling across a sidewalk or path.
- **Counting Walks**—Choose an object that you often see, and start the count like — one mailbox, two mailboxes, three mailboxes.
- **Color Walks**—are perfect for younger children. The goal is to hunt for objects of a specific color. Today might be a “Red Walk Day” - everything red is pointed out: red mailbox flag, red car, red fire truck. Tomorrow might be a “Green Walk Day” – green grass, green house, green car, green mail box.

Walking is an activity that can be done throughout life and if started early can become a good health habit!



**Fun at WIC!!! Ask the WIC Staff about
“Fit~N~Fun” Playgroups at your WIC Agency!**