

# Partnering

## with Parents

**My child has never enjoyed organized or team sports. How can I encourage her to increase her activity level?**

Limit sedentary activities, such as watching television and playing video games, and encourage a more active lifestyle, including stair climbing, walking, and riding a bicycle. Exercising with a friend or family member may help. Perhaps most important, however, is for a parent to teach by example and be an active role model.

**How much exercise do children need?**

Ideally, children should participate in moderately strenuous activity for at least 30 minutes a day. The effects of exercise are cumulative, and multiple sessions of short duration result in most of the health benefits compared with single episodes of longer duration.

**What are the best activities or sports to promote for children?**

Although team and individual sports are beneficial for a variety of reasons, it may be at least as important to encourage lifetime activities such as walking, dancing, and bicycling. These activities can be enjoyed later in life and may be more acceptable to children who lack the motor skills to excel at sports.