

Stamford Health Systems Nutrition Services Department Childhood Wellness Program

Ideas for Increasing your Physical Activity!

- ❖ Soccer/basketball/baseball
- ❖ Kick Ball
- ❖ Dodge ball
- ❖ Hula Hoop
- ❖ Frisbee/ Ultimate Frisbee
- ❖ Relay races
- ❖ Going up and down stairs
- ❖ Hopscotch
- ❖ Jogging or Walking
- ❖ Bike Riding
- ❖ Jumping Rope
- ❖ Dancing
- ❖ Tag
- ❖ Freeze Tag
- ❖ Raking leaves in the fall or shoveling snow in the winter!



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Member NewYork-Presbyterian Healthcare System
A Planetree Hospital