



Eat right. Be active. Get healthy.

LET'S GO! TAKES 5-2-1-0 TO SCHOOL

Use Physical Activity as a Reward for Your Children



The Good Behavior Game

- Write a short list of good behaviors on a chart
- Mark the chart with a star every time you see the good behavior
- After your child has earned a small number of stars, give him or her a reward

Give your child extra play time before or after meals as a reward for finishing homework



Avoid giving your child extra time in front of the screen as a reward



Choose fun, seasonal activities



Encourage your child to try a new sport or join a team

Tips to Make it Easier:

1. Make physical activity fun
2. Role model active behavior
3. Choose toys and games that promote physical activity

For more information, visit www.letsgo.org