**Physical Activities**

Keeping in shape offers health benefits that will help your child throughout her life. Physical activity is good for children because it gets them moving and outdoors. Listed below are ways to make physical activities fun.

* <https://www.rasmussen.edu/degrees/education/blog/fun-fitness-activities-for-kids/>
* <https://www.ncbi.nlm.nih.gov/books/NBK201497/>
* <https://www.parents.com/fun/sports/exercise/10-benefits-of-physical-activity/>
* <https://www.caringforkids.cps.ca/handouts/physical_activity>
* <https://www.aboutkidshealth.ca/article?contentid=641&language=english>
* <https://www.activehealth.sg/read/physical-activity/why-is-physical-activity-important-for-child-development>
* <https://activeforlife.com/49-fun-physical-activities-to-do-with-kids-aged-2-to-4/>
* <https://www.virtuallabschool.org/infant-toddler/physical-development/lesson-1>

