

**Children 5-11 years should
accumulate 60 minutes
of moderate-vigorous intensity
physical activity each day!**



**Whether at home, in childcare, at school, or in the
community, we all have a role in getting kids active.**

**For more information, tips and activity ideas,
visit [haveaballtogether.ca](https://www.haveaballtogether.ca)**



**Have a Ball
Together!**

**best start
meilleur départ**

by/par health **nexus** santé

Project funded by:
**LAWSON
FOUNDATION**