



## Have a Ball Together!

*best start*  
*meilleur départ*  
by/par health **nexus** santé

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## Benefits of physical activity

Physical activity is important to children. In addition to playing a big role in physical development and health, did you know there are many other benefits of physical activity? Here are some of the great things that happen when kids are active.

### Benefits to physical development

- Builds a healthy heart, lungs, bones, muscles and joints
- Gives energy during the day
- Helps with sleep at night
- Improves flexibility, coordination and balance
- Develops movement skills

### Benefits to emotional development

- Makes children feel happy
- Reduces anxiety
- Relieves stress
- Prevents, reduces and manages depression
- Builds confidence and positive self-esteem
- Helps to better control a child's emotions



### Benefits to social development

- Builds social skills like cooperation and communication
- Develops life skills like leadership and problem solving
- Builds friendships
- Nurtures imagination and creativity

### Benefits to cognitive development

- Builds connections in the brain
- Improves thinking skills
- Improves memory
- Increases attention and concentration
- Helps kids be prepared to learn
- Helps kids do better in school

Whether at home, in childcare, at school, or in the in the community, we all have a role in getting kids active. Help set the path to a happy childhood and a lifetime of healthy living!

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