

**Children 1-4 years should
accumulate at least 180 minutes
of physical activity every 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**



**Have a Ball
Together!**

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

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