



# NATIONAL CHILDHOOD OBESITY AWARENESS MONTH



Physical activity is good for your child's physical and mental health! Children need **60** minutes or more of moderate physical activity **DAILY**.



Help your child develop a love of physical activity. Encourage them to find and participate in activities they enjoy



Be active as a family, involve everyone to make it fun and enjoyable



Break up the minutes of the activities through the day to reach 60 minutes. Such as, 15-20 minutes in the mornings, mid-day and afternoons/evenings

For more information about the Genesis Program, please call or email

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