

Physical Activity Websites for Children



General Health

BAM! Body and Mind

Centers for Disease Control and Prevention

www.bam.gov

Online games, sound effects and information on healthy eating, physical activity, health, dealing with life situations, and safety.

GirlsHealth.gov

Centers for Disease Control and Prevention

www.girlshealth.gov

Information for girls ages 10–16 on health, fitness, nutrition, feelings, relationships, smoking, bullying and more.

KidsHealth

Nemours Foundation

<http://kidshealth.org/kid>

Articles, videos and quizzes for kids on topics including physical health, feelings, puberty and growing up, healthy eating and exercise, and the health problems of grownups. (In English and Spanish.)

Learning About Physical Activity

Explore Nutrition & Physical Activity

Susan P. Byrnes Health Education Center

www.learntobehealthy.org/kids

Activities and information about exercise and healthy eating for children in grades K–3 and 4–6. The site also covers mental health, bullying, tobacco and dental health.

So What About Exercise

Food N' Me

www.foodme.com/vinz-and-lyn/so-what-about-exercise

An animated video about Vinz, who would rather play a boxing video game than join his friend for skateboarding or his sister for jumping rope. When he goes to try real boxing, he learns that he'd better get in shape!

We Can! Screen Time Chart

National Institutes of Health

www.nhlbi.nih.gov/health/public/heart/obesity/wecan/downloads/screen-time-log.pdf

Downloadable chart for kids to track how much time they and their families spend in front of a screen each week. The goal is two hours or less of screen time per day, and at least one hour of physical activity each day.

Fun Ideas for Exercise

Get Moving Printable Worksheets

Nourish Interactive

www.nourishinteractive.com/nutrition-education-printables

Activity worksheets and coloring pages about exercise to print out for kids. Under "Healthy Habits Printables," click on "Get Moving." Scroll to the bottom of the page to see all the sheets. Click on one, then download in English or Spanish.

Moving Day Fun Exercises

Chop Chop Magazine & New Balance Foundation

www.chopchopmag.org/moving-day

Fun ideas for exercise such as moving like a crab, hopping on one foot, jumping and touching your toes.

Outdoor Activities and Indoor Games

Nickelodeon

www.nickjr.com/kids-health/kids-exercise

Favorite sidewalk games, a dance game, a stretching exercise poster, a monster dance party in your living room and more.

Presidential Active Lifestyle Award

The President's Council on Fitness, Sports & Nutrition

www.presidentschallenge.org/challenge/active

This challenge for kids ages 6–17 asks them to meet specific physical activity and healthy eating goals. After completing the goals for eight weeks, kids can request an award from the White House! There is also a challenge for adults.

Online Games, Challenges & Videos

The Activators

My Gym

www.theactivators.net

Features videos for kids to move and dance along with.

Move Mixer, Fitness Challenge & Scavenger Hunt

IFIC Foundation

www.kidnetic.com/kore

Interactive game where kids can pick the music and the robot's dance moves for "Move Mixer" and dance along! Kids can take the Fitness Challenge and do 10 different exercises while a stopwatch times them, or they can set the stopwatch as they do a scavenger hunt at home.

Kids' Exercise & Food Journal Online

Team Wellness Challenge

www.kidsfoodjournal.com

A simple online journal that lets kids (grades K and up) track their daily exercise, food and drinks.