



Healthful Ideas for Parents of Preschoolers (2-5 years old)



Get Your Preschooler Moving!

Help make it fun for your child to be active! Be active with your preschooler. Set a good example.

Adult supervised activities you can do with your preschooler:

- ♥ **Age 2:** running, walking, galloping, jumping
- ♥ **Age 3:** hopping, climbing, riding a tricycle or bicycle with training wheels and a helmet, catching, throwing, kicking a ball
- ♥ **Age 4:** skipping, tag, sledding and swimming
- ♥ **Age 5:** riding a bike wearing a helmet, somersaulting, rollerblading or ice skating, gymnastics, soccer, virtual fitness games (such as Wii)



When your preschooler plays actively 60 minutes or more each day, he/she:

- ☺ will more likely be happy.
- ☺ will build strength and flexibility.
- ☺ is less likely to be overweight.
- ☺ learns good habits early in life.
- ☺ directs their energy in a positive way.



Orange Smoothie 6 servings

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|---|---------------------------------|
| 6 ice cubes or 1 cup crushed ice | 2 cups orange juice |
| 1 6-ounce carton low fat vanilla yogurt | 1 cup low fat vanilla ice cream |

1. Put the vanilla yogurt, orange juice, and vanilla ice cream in the blender.
2. Cover blender with lid. Blend on high speed until combined.
3. Serve immediately. Freeze leftovers.