



Resources to Promote Physical Activity

Physical activity is essential for building strong bodies, developing healthy habits, and supporting emotional well-being. For families, being active together creates opportunities to bond, reduce stress, and have fun while setting an example for children to prioritize movement in their daily lives. These tools can help make physical activity a part of your family's routine.

Free Online Resources for Physical Activity



Chicago Park District Park Kids After School Programming

The Chicago Park District's Park Kids After-School Program offers engaging and educational activities for children, including arts, sports, and homework help. It's designed to support kids' development in a fun and safe environment.

Visit: <https://www.chicagoparkdistrict.com/programs-memberships/park-kids-after-school-program>.



Move Your Way Physical Activity Resources

Move Your Way provides resources and tips to help people of all ages incorporate physical activity into their daily lives. Explore easy-to-follow guidelines and activities for staying active and improving your overall health.

Visit: <https://odphp.health.gov/moveyourway>.



Active Transportation Alliance Bike Safety Education

Active Transportation offers educational resources to promote safe and sustainable transportation options, including walking, biking, and public transit. Explore guides, tips, and tools to help improve and promote mobility in your community.

Visit: <https://activetrans.org/resources/education>.



Intentional Sports

Intentional Sports creates opportunities for youth and communities to thrive through sports and wellness programs. Discover innovative initiatives, resources, and tools to inspire teamwork, leadership, and a lifelong commitment to health and fitness.

Visit: <https://intentionalsports.org/>