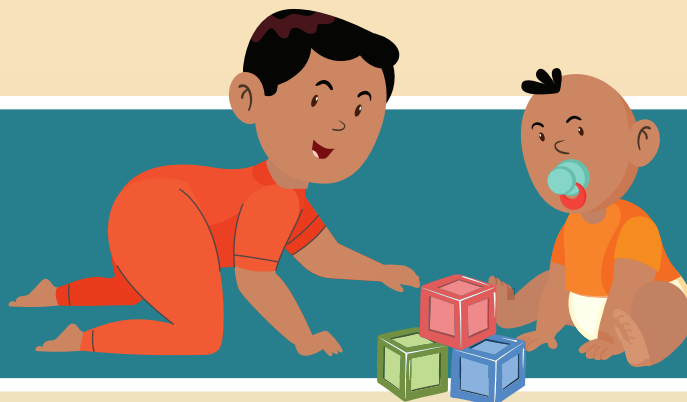


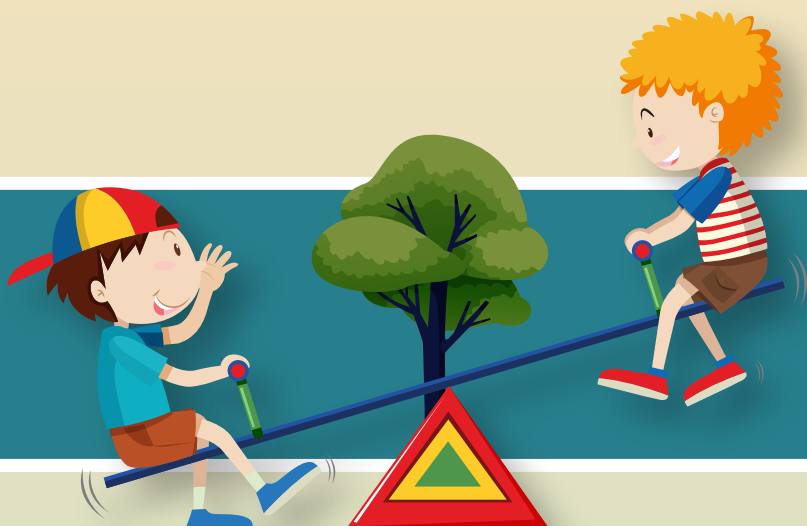
Move More for Better Health

Promoting physical literacy in children age 0-6 supports healthy growth and development.

Fundamental movement skills are the building blocks needed to be able to enjoy physical activity for life.



Use a mix of structured activities and free play to be active every single day.



Being active improves learning outcomes, physical and mental health, and social connectedness.



Make physical literacy part of your child's growth and development through activities at home, at childcare, and in your community.



**Lambton
Public Health**