

# DID YOU KNOW?

nüton

Nutrition Education  
In Manitoba

## Children (and adults!) need three types of activity for healthy bodies:

- **Endurance**  
(e.g., jumping, swimming, running)
- **Flexibility**  
(e.g., stretching, dancing, yoga)
- **Strength**  
(e.g., climbing or swinging at the playground, carrying groceries up the stairs)

**As a family, try a variety of activities to find the ones you like.**

*Find movement guidelines for infant and toddlers at: [csepguidelines.ca](http://csepguidelines.ca)*

