

Start strong. Stay strong. Play every day!

Infants:

What are Core/Trunk muscles? They are Stomach & Back muscles!

And the foundation of core strength starts in infancy: When children do tummy time, roll over, grab their toes and kick their legs when they're on their back, they're strengthening their tummy muscles and building a strong healthy body!

Sitting: Reaching up, and grabbing a toy is hard work! Babies must use their tummy muscles so that they don't fall over!

Crawling: Babies use their tummy and back muscles to move their arms and legs through space to explore their environment. They must use their tummy muscles constantly so they don't collapse to the floor! Add in an extra-fun challenge by having them crawl over your legs or pillows

Standing: Trunk muscles act as a bridge between the hips, legs, the shoulders, and neck and head. These muscles must always remain active to maintain balance so babies can stand upright against gravity.



Toddlers:

Walking: Trunk muscles control movement and rotate the pelvis and the legs and help toddlers stay upright.

Running: Muscles work even harder to create power and fast movement, adjusting to the changing terrain!

Balance: Many factors come into play when your toddler is balancing, such as leg and hip muscles, being aware of the environment and where their body is in space—and core strength also plays a role! Core strength will help your child be more steady and have better balance.

Climbing & Playing at the Park: Climbing rope ladders; swinging; climbing up slides; walking across bouncy bridges; and walking across sand, grass, hills and gravel all challenge your child's strength and balance. Your toddler needs dedicated time each day for playing and physical activities.

School-Age Children: Recommended activity at least 30 min/day!

Sports/Activities in the Community: Getting children involved in a recreational activity in the community, a sport that they truly enjoy, or participating in active, free outings as a family is **invaluable**.

Children will not get strong by sitting on the couch. They get strong by playing and being active on a regular basis whether in a sport or walking on the beach, riding bikes or taking a hike as a family!

They must **practice, practice, practice and play, play, play** every single day!



Fun Fact: Children who are more physically active typically sleep better at night and perform better in school!