Physical Activity Websites for Children

General Health

BAM! Body and Mind
Centers for Disease Control and Prevention
www.bam.gov
Online games, sound effects and information on healthy eating, physical activity, health, dealing with life situations, and safety.

GirlsHealth.gov
Centers for Disease Control and Prevention
www.girlshealth.gov
Information for girls ages 10–16 on health, fitness, nutrition, feelings, relationships, smoking, bullying and more.

KidsHealth
Nemours Foundation
http://kidshealth.org/kid
Articles, videos and quizzes for kids on topics including physical health, feelings, puberty and growing up, healthy eating and exercise, and the health problems of grownups. (In English and Spanish.)

Learning About Physical Activity

Explore Nutrition & Physical Activity
Susan P. Byrnes Health Education Center
www.learntobehealthy.org/kids
Activities and information about exercise and healthy eating for children in grades K–3 and 4–6. The site also covers mental health, bullying, tobacco and dental health.

So What About Exercise
Food N’ Me
www.foodnme.com/vinz-and-lyn/so-what-about-exercise
An animated video about Vinz, who would rather play a boxing video game than join his friend for skateboarding or his sister for jumping rope. When he goes to try real boxing, he learns that he’d better get in shape!

We Can! Screen Time Chart
National Institutes of Health
Downloadable chart for kids to track how much time they and their families spend in front of a screen each week. The goal is two hours or less of screen time per day, and at least one hour of physical activity each day.

Fun Ideas for Exercise

Get Moving Printable Worksheets
Nourish Interactive
www.nourishinteractive.com/nutrition-education-printables
Activity worksheets and coloring pages about exercise to print out for kids. Under “Healthy Habits Printables,” click on “Get Moving.” Scroll to the bottom of the page to see all the sheets. Click on one, then download in English or Spanish.

Moving Day Fun Exercises
Chop Chop Magazine & New Balance Foundation
www.chopchopmag.org/moving-day
Fun ideas for exercise such as moving like a crab, hopping on one foot, jumping and touching your toes.

Outdoor Activities and Indoor Games
Nickelodeon
www.nickjr.com/kids-health/kids-exercise
Favorite sidewalk games, a dance game, a stretching exercise poster, a monster dance party in your living room and more.

Presidential Active Lifestyle Award
The President's Council on Fitness, Sports & Nutrition
www.presidentschallenge.org/challenge/active
This challenge for kids ages 6–17 asks them to meet specific physical activity and healthy eating goals. After completing the goals for eight weeks, kids can request an award from the White House! There is also a challenge for adults.

Online Games, Challenges & Videos

The Activators
My Gym
www.theactivators.net
Features videos for kids to move and dance along with.

Move Mixer, Fitness Challenge & Scavenger Hunt
IFIC Foundation
www.kidnetic.com/kore
Interactive game where kids can pick the music and the robot’s dance moves for “Move Mixer” and dance along! Kids can take the Fitness Challenge and do 10 different exercises while a stopwatch times them, or they can set the stopwatch as they do a scavenger hunt at home.

Kids’ Exercise & Food Journal Online
Team Wellness Challenge
www.kidsfoodjournal.com
A simple online journal that lets kids (grades K and up) track their daily exercise, food and drinks.