

# Get Moving!

Physical activity is important for people of all ages. Being active can help you feel better physically and mentally, sleep better, and function better in your day to day life. You don't have to join a gym to exercise. Making time to move more throughout your day can make a big difference. Small changes add up.

This [interactive quiz relevant to children 0 to 5 years](#) of age can help you learn if your child is moving enough to stay healthy at their age. Take it for personalized recommendations.

## Does your child receive:

- Physical Activity every day throughout the day?
- Active play through a variety of enjoyable physical activities?

## Have fun with your child!

If you checked yes to both questions above, great job! The US Centers for Disease Control and Prevention and the Department of Health and Human Services recommend that young children ages 0 to 5 years have physical activity every day throughout the day and active play through a variety of enjoyable physical activities.



Regular child well visits with a Pediatrician or Primary Care Provider can address any questions or concerns you have about your child's health. If you need help finding a Primary Care Provider, please call the Health Choice customer service line at [1-800-322-8670](tel:1-800-322-8670).



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