

April – Outside play and physical activity for children and youth

Get outside and play

Physical activity is a necessary requirement for optimal health – and the benefits are even greater if you can do it outdoors.

Regular physical activity in childhood and adolescence helps to develop cardiovascular fitness, muscle strength and bone density, and being outdoors is known to improve mental health.

There are many benefits to unstructured, outside play. When children and youth spend time outside, they:

1. **Sit less, move more and play longer** – key to cardiovascular health and fitness.
2. **Have healthier eyes** – spending more time outside reduces nearsightedness risks.
3. **Sleep better** – sunlight helps regulate sleep hormones and sleep patterns.
4. **Enjoy improved mood** – exercise reduces symptoms of anxiety and depression.
5. **Feel more connected to nature** – experience calm and develop mindfulness.

Planning active outings doesn't have to be challenging or costly. Here are some ideas that you can try this week:

- **Try a new activity** – check out [geocaching](#) or [seaweed searching](#).
- **Unplug and connect** – here are some ideas to decrease recreational [screen time](#).
- **Go for a scavenger hunt** – try this [nature scavenger hunt](#), [plant scavenger hunt](#) or [backyard activity](#).
- **Go for a walk or hike** – try these [10 hikes to take your kids on this summer](#).
- **Play in a forest or park** – try a new [regional park](#) every day for a week or go to this [adventure playground](#).
- **Explore a local stream** – check these [beautiful watershed walks](#) in the region.
- **Swim at the pool, waterpark or beach** – check [beach safety conditions](#) first or stay cool at a [local spray park](#).
- **Ride a bike or scooter** – explore the [Hope Bike Park](#) or check out the pumptrack at [Vedder Rotary Trail](#)
- **Visit farms, fish hatcheries and bird sanctuaries** – this [local family fun guide](#) has unique ideas.

Find more ideas to keep your kids active through the year on Fraser Health's website: [Keeping children active - Fraser Health Authority](#)

Facebook

Physical activity is important for healthy kids. Visit Fraser Health's website to learn about the importance of physical activity and how to incorporate it into your child's daily activities: [Keeping children active - Fraser Health Authority](#)

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Visit Fraser Health's website to find out how much physical activity is recommended for your child plus great tips to help your child to be physically active: [Keeping children active - Fraser Health Authority](#)

Instagram

There are many benefits for children who play outside, like cardiovascular health, better sleep and improved mood. Fraser Health's guide to outdoor play can help you plan outdoor activities, even when you're on a tight schedule: [Keeping children active - Fraser Health Authority](#)



Learn the
benefits of
outdoor play
and find ideas
for planning
active outings.

