

# The Benefits of Outdoor Play

Children

**move more,**

**sit less,**

and **play longer.**



Kids learn to balance **risky play** and their own **safety.**



Active lifestyle associated with improved **blood pressure, cardiorespiration, and musculoskeletal fitness.**

Increased **resilience, self-regulation,** and skills for dealing with **stress.**



Canadian experts from 14 organizations reviewed the best available evidence and released a Position Statement that **access to active play in nature and outdoors—with its risks—is essential for healthy child development.** They recommend **increasing children's opportunities for self-directed outdoor play at home, at school, in the community and in nature.** *Learn more at <http://bit.ly/position-on-play>*