

#AFLparentpromise

Dear kids,

I will help you love to move...



Together we will:

1. Make time for daily outdoor play
2. Enjoy being active as a family
3. Be active role models

Let's go.

Physical literacy is just a hop, skip, and jump away.  
Keep your promise at [ActiveForLife.com/parent-promise](https://ActiveForLife.com/parent-promise)

ACTIVE FOR LIFE®