



Make Family Time Active Time

An important part of staying healthy is being active. Physical activities that are done together as a family can be rewarding.

Set a Goal

Adults need at least 30 minutes of physical activity most days, and kids need at least 60 minutes every day of the week.

Keep moving.

Young children are naturally active. Help them stay that way. Plan fun activities that all family members can enjoy 2 to 3 times a month. Go on a bike ride. Play catch or Frisbee. Plant a family garden; mow or rake the grass. Walk or run the dog. Pack a lunch and go on a family hike.

Walk more. Walking is great because you only need comfortable shoes. No extra equipment. No gym fees. Take the stairs, instead of the elevator. Park the car at the end of the parking lot instead of right in front of the door.

Be Safe.

Some activities need safety gear. Always wear a helmet when biking. Wear kneepads and goggles when necessary. Supervise children in parks and public play areas.

Move More. Sit Less!

Reduce TV, video game and computer time and increase active play. Ask your children and teenagers what they would like to do to be more active. Dancing, soccer, swimming, baseball, and basketball are all good activities. It is easier to stay active if other people are active, too. Join group activities at the local boys or girls club, the "Y", a 4-H club, or Boy or Girl Scout Clubs. Tour a local museum, zoo, or historic site.

Physical Activity gives more energy than a candy bar.

It's true. If you do something active for just 10 minutes, you'll feel more energized than eating a candy bar. Physical activity boosts a feeling of well-being and helps kids and adults sleep soundly. Physical activity helps everyone feel good about themselves and happier in general. Being active increases fitness and keeps the heart and lungs healthy and is necessary for strong bones, muscles and joints. Kids who are active are more likely to maintain a healthy weight.

Move It!

Kids need at least 60 minutes of activity most days of the week.



Fitting activity in. All activity during the day counts.

- Count activity at recess, after lunch and walking to school.
- Do something active after school.
- Take a 20- to 30-minute activity break after watching TV or working on the computer.

Be Active. Choose your FUN.

Keep moving.....by yourself or with others.

Individual or Group Activities

Walk
Run
Bicycle
Wiggle
Dance
Rollerblade
Skateboard
Jump rope
Jump up and down
Swim
Climb the stairs
Fly a kit
Stretch
Throw a Frisbee

Play Active Games

Volleyball,
Badminton,
Soccer
Baseball
Basketball
Football
Catch
Run races
Tag
Red Rover
Tug of War

Limit the amount of time you sit and watch TV or use a computer.

Set a timer and take a break when the timer goes off.

Drink enough water or other fluids.

For health, avoid soft drinks, add-sugar powdered mixes and other high sugar drinks.

Healthful thirst quenchers.

- Water
- Fruit juice (100%)
- Frozen juices
- Fruit-yogurt smoothie