

BE AN ACTIVE FAMILY

Being active together is great for the whole family. It strengthens relationships and builds healthy habits for kids.



Limit screen time. Set a rule that no one (adults included) can spend longer than 2 hours per day playing video games, watching TV, and using the computer (except for school work).

Get outside! It's easy to be sedentary when indoors. Go to the park to walk, play, bike, practice identifying plants and birds, or even plan a scavenger hunt.



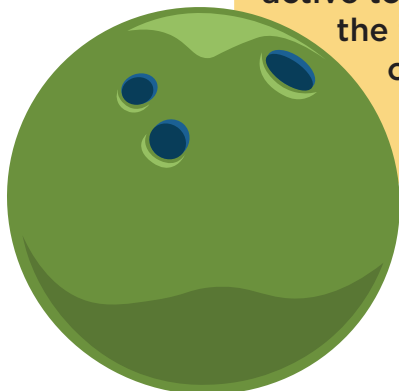
Set a good example with simple habits. Take the stairs instead of the elevator. Walk or bike instead of driving, if possible. Park far from the entrance of a building.



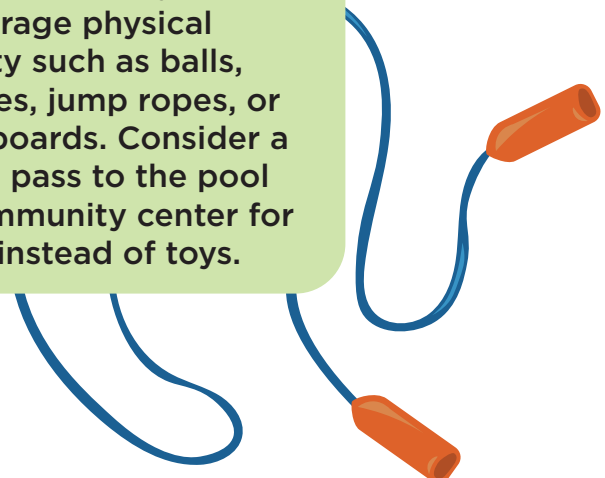
Take a walk or play an active game together after dinner each night. Choose weekend activities that require movement such as playing catch, miniature golf, or biking.



Instead of rewarding kids with extra screen time or candy, do something active to celebrate. Take the family bowling, camping, or to the zoo.



Give children toys that encourage physical activity such as balls, frisbees, jump ropes, or skateboards. Consider a family pass to the pool or community center for a gift instead of toys.





Limit inactivity

Sitting too much is linked to higher risk of heart disease, diabetes and early death. Spend less time sitting.

Kids should be active for at least 60 minutes every day. Adults should aim for at least 150 minutes of activity per week, but more is better. This doesn't have to be done all at once. Start with just 10 minutes at a time.

Be active inside and outside

Getting outside isn't always an option. The next time your family is stuck indoors, try some of these ideas for being active.

- Put on music and have a dance party.
- Move during commercials. Have a jumping jack or pushup challenge. See who can hold a plank the longest. Or simply stretch or walk in place.
- Try to keep a balloon in the air as long as possible while passing it back and forth.
- Make your child a superhero, lifting and spinning them with your arms or legs.
- Make housework fun. Put on music and dance while cooking, sweeping, vacuuming, or doing the dishes.
- Put on a fun active YouTube video for everyone to follow along.

