



Make Family Time an Active Time

- Pump up your family's energy with physical activity.
- Physical activity is fun, makes you strong, and helps to make you feel good too! Kids are naturally physically active. Help them stay that way.
- Adults need at least 30 minutes of physical activity most days, and kids need at least 60 minutes of physical activity every day of the week.

Make it easy to be active:

Plan activities for all family member to enjoy 2-3 times a month.

- Go on a family bike ride.
- Plant a family garden.
- Pack a picnic meal to eat in the park and go on a family hike.

Set a Good Example!

Plan- with your kids- fun activities for the whole family.

- Make a regular date to walk with friends and neighbors.
- Join a community activity group, like aerobics or body toning.

Move More. Sit Less!

Play- reduce TV watching and increase active play.

- Tour a local museum, zoo, or historic site for activity and learning.
- Let kids help with planning ways to move.

Make Play Safe!

- Set up an area in the home where kids can be active.

Ways to Move by doing things you enjoy: Ride a bike; walk the dog; roller skate, scooter or in-line skate; play basketball, baseball, soccer, or football; jump rope or jog in place; mow the grass or rake the lawn; clean the house; swim and dance.