

For
Parents



Physical Activity for the Whole Family

Being active as a family can make your whole family healthier while providing quality time together. Here are some ideas to get you started.

- Designate a time during the day when TV, video games, and computers are not allowed. Instead use that time to do something active. This would be a great time for a family walk.
- Participate in *National Screen-Free/Turn Off Your TV Week* and spend more time being active. This week usually falls on the first week of May. For future Screen-Free week dates visit www.screenfree.org.
- When you do watch TV, make it a family policy to do something active during commercials. Ideas include but are not limited to sit-ups, push-ups, squats or jumping jacks.
- Whenever possible walk wherever you are going. For example, to the store, library, friend's house, out to eat, etc.
- Spend active time together on the weekend by enjoying a hike, going for a bike ride, or playing a game of tennis.
- Start a contest in the family to see who can be the most active for each week. Keep a calendar to track family members' activities and the amount of time they spend doing those activities.
- Take active vacations that involve biking, hiking, and/or swimming.
- Encourage your kids to participate in school and community sports programs.
- Get in the habit of parking your car as far as you can from the front door of the grocery store, mall, library, restaurant, or school. Extra steps add up!

Give Gifts that encourage physical activity such as:

- Bikes, skateboards, and scooters
- Balls, bats, and racquets
- Tennis shoes or workout clothes
- Gift cards for athletic stores to purchase athletic equipment

