



Healthy & Fit Families

Are active everyday!

Being active everyday helps everyone in your family have strong and healthy hearts, bones and muscles and maintain a healthy weight. Kids need at least 60 minutes of physical activity everyday and adults need at least 30 minutes. Being active together sets a good example for your kids, helps establish lifelong healthy habits and is a good way to spend time with your children.

Get Moving!

Here are some simple and fun physical activities your family can do together any day of the week. Try to do one of these for at least 10 minutes a day.

- Go for a walk
- Put on some music and dance
- Shoot some hoops
- Play catch
- Toss a Frisbee
- Play a fun outdoor game
- Visit a playground
- Wash the car
- Ride bikes
- Jump rope
- Hula hoop
- Play hopscotch

Build Support

- Walk to school with your child. Start a "walking school bus" - one or more adults walk with a small group of children to school - it's safe and social.
- Encourage your child to sign up for after-school programs that involve physical activity like dance, cheerleading, running or sports.
- Check out activities at your local recreation center or YMCA - there are many classes, lessons and teams to choose from. Some recreation center memberships start as low as \$15.00 a year.
- Start a walking club and train together to walk in a charity event.

Take the CHALLENGE – Be active everyday

Mark (X) the actions you will do so you and your children can do to sit less and move more this month.

- Visit a park and spend time playing outdoors.
- Find a walking route in your neighborhood and set a goal to walk it 3 times a week.
- Dance during all TV commercials.
- Try a new activity - look for classes or videos on yoga, martial arts or salsa dancing,