

# Why

is this important?

Regular physical activity is essential for weight maintenance and prevention of chronic diseases such as heart disease, diabetes, colon cancer, and osteoporosis. While most school age children are quite active, physical activity sharply declines during adolescence. Children who are raised in families with active lifestyles are more likely to stay active as adults than children raised in families with sedentary lifestyles.

## Physical activity...

- Makes you feel good.
- Makes your heart happy.
- Makes you stronger.
- Makes you flexible.
- Helps keep you healthy!



### Did you know?

Just 30 minutes of physical activity improves health for kids and parents!

Why not make your goal 60 minutes?!

GET AT LEAST  
**1** HOUR OF  
PHYSICAL  
ACTIVITY  
EVERY DAY



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# Here's what **you** **can do**

## Physical activity can be free and fun

- Take a walk with your family
- Play with your pet
- Play tag
- Take a bike ride (remember your helmet)
- Turn on music and dance
- Jump rope
- Play Frisbee
- Take the stairs
- Park the car at the end of the parking lot
- Make snow angels

## Make physical activity easier

- Make gradual changes to increase your level of physical activity.
- Track the level of your physical activity using a pedometer, fitness band, or online tracker.
- Choose toys and games that promote physical activity (e.g. balls, hula hoops, jump ropes, scarves).
- Do physical activities together with friends or family.



- Turn off the TV and computer and keep them out of the bedroom.
- Limit recreational screen time (e.g. TVs, computers, video games, etc.).
- Encourage lifelong physical activity by incorporating it into your routine.
- Keep physical activity fun! You'll be more likely to do it.

## Be a role model

- Schedule active family play time daily.

## Use physical activity as a reward

### The Good Behavior Game:

- Write a short list of good behaviors on a chart. Mark the chart with a star every time you see the good behaviors.
- After your child has earned a small number of stars, give him or her a reward.
- Give your child extra play time before or after meals as a reward for finishing homework.
- Avoid giving your child extra time in front of the screen as a reward.
- Choose fun, seasonal activities.
- Encourage your child to try a new activity or join a team.
- Keep books, magazines, and board games in the family room.

