

BE AN ACTIVE FAMILY

10 TIPS

Adults need 150 minutes/week
Children need 60 minutes/day

1

SET SPECIFIC TIMES

Determine a time when everyone is available, After dinner or Saturday mornings.

2

TRACK YOUR PROGRESS

Write activities on a family calendar.
Let kids check off completed ones.

3

WORK AROUND THE HOUSE

Involve the kids in the yard work and active chores in the house, like vacuuming.

4

USE WHAT IS AVAILABLE

Do activities that require little equipment, walking, jumping rope, playing tag, dancing..

5

BUILD NEW SKILLS

Enroll kids in classes they might enjoy and help them practice.

6

PLAN FOR WEATHER CONDITIONS

Try mall walking, indoor swimming, active games!

7

TURN OFF THE TV

Set a rule-no more than 2 hours per day. Dance, walk, play an active family game.

8

START SMALL

Introduce activities moderately, add more when everyone is ready.

9

INCLUDE OTHER FAMILIES

Plan parties with active games, join a rec club, sign up for programs at YMCA.

10

TREAT THE FAMILY WITH FUN PHYSICAL ACTIVITY

Do something active as a reward. A trip to the zoo, park or lake.