



Making Fitness Time “Together Time”

Try these tips for active family fun. Staying physically active improves overall fitness, relieves stress, builds children’s self esteem and capacity for learning, and helps maintain healthy bones. The 2005 Dietary Guidelines recommend getting physical activity on most and ideally all days of the week.

- 60 minutes for children and teens
- 30 minutes for adults, and 60 to 90 minutes to help manage body weight and prevent gradual weight gain

Build Fitness into Your Family Routine

Schedule time for regular family physical activities, such as walks after-dinner – a little bit every day adds up!

- Limit children’s TV, computer and video game time to no more than 2 hours a day.
- Have children help with chores, such as vacuuming, working in the yard, walking the dog or washing the car.
- Walk or ride bikes instead of driving for short errands.

Make it Fun

Keep family activities fun, rather than competitive.

- Choose activities that everyone can do. Bike, play catch, inline skate or go for a Friday-night swim.
- Schedule “family adventures.” Hike, explore state parks or visit local tourist attractions.
- Give gifts that encourage physical activity, such as jump ropes, balls, or athletic shoes.
- Purchase inexpensive pedometers and have everyone keep track of their daily steps– build up to about 10,000 steps a day

Be a Role Model - Show Children That You Enjoy Being Active

Let children see you making activity part of your routine.

- Take walks with friends, cross-country ski, or head to the gym.
- Play with your children and encourage spontaneous activity. Play tag or catch, ride a bike, swing, shoot hoops or join outdoor games.
- Keep an “activity box” with balls, baseball gloves, jump ropes, Frisbees®, and kites in the car. Take activity stops between errands, after school or on road trips.

Take Activity Indoors When It’s Necessary

Set up an indoor area where rolling, jumping and tumbling are allowed.

- Get a family membership at the local recreation center or “Y.”
- Choose fun exercise videos or DVDs from the library for a family workout.

Great Websites to Visit for More Ideas and Information

www.NewEnglandDairyCouncil.org

www.NutritionExplorations.org www.ActionforHealthyKids.org

www.Kidnetic.com www.BAM.gov www.Take10.net

<http://www.presidentschallenge.org> www.MovingandLearning.com