

Get More Minutes in Motion

What are some simple ways to get my family more active?



Fun and simple ways to keep kids active every day

More and more, children's free time is spent in front of televisions, computers or playing video games. And during school hours, less time is being devoted to physical education. It's time to help our kids become more active. Here are some simple ways to help your kids stay active every day.

Be a Role Model

Showing kids how much you value and enjoy active play speaks much louder than words.

- Instead of food, use active play as a reward.
- Give active play as a gift. Need ideas? Consider miniature golf, snowshoe hiking, or swimming.

Think Active Play

Find things your family LIKES to do! Have fun together.

Indoor Fun

- Get creative using everyday items. Make softballs with yarn. Use a paper plate as a throwing disk. Create an indoor bowling alley with empty water bottles and a soft foam ball.

Outdoor Fun

- Walking is always a good choice! Make it fun with counting games. Count things like the number of blue cars or red flowers. Use the time during the walk to "explore" things—like the "veins" in a leaf when you hold it up to the light.
- Explore your child's interest in sports that can be played throughout a lifetime. Learn by watching others play tennis, golf, racquetball, or disk golf. Discuss a lifetime sport that looks fun and try it out together.

Aim for 60

Kids need 60 minutes of physical activity each day. Looks for creative ways to work in minutes throughout the day to reach the goal.

Tips: Take the stairs. Park and walk. Enjoy "stretch breaks" when working or doing homework. Shoot hoops for a "fast break."

Family Talk: Think about your family's day and write ideas for extra minutes of motion:

Turn Off the TV

Turn off the TV for MORE active play and reading and LESS time to see commercials for sugary or high-fat foods. Kids who have less screen time (TV, computer, video games) tend to read more and do better in school.

Family Talk: Think of things your family can do if you turn off the TV.



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Family Time Idea

Create a Fitness Game

Write your own “active play movement cards.”

Come up with a FUN idea for each card, like the following:

1. Dance the “twist” for 1 minute.
2. Toss a soft foam ball up in the air and turn around 1 time before catching it. Repeat this 5 times.
3. Hop forward - backward - right - left. Repeat 3 times.

Have each person draw a card and lead everyone with the active play directions!

Tips on the Web

American Academy of Pediatrics*

www.aap.org/publiced/BR_TV.htm

Recommendations for TV viewing

The President’s Council on Fitness and Sports

www.presidentschallenge.org

Fitness counters and activity logs for kids, teens, adults, and others

*The American Academy of Pediatrics recommends no TV for kids under two years and for those over two, no more than 1 to 2 hours a day of quality programming.

Minutes In Motion: Family Goals

Feel good and look great. CHALLENGE yourself and others to have fun with minutes in motion.

Track points each day for a week to see how you are meeting YOUR CHALLENGE. The goal is to get at least 3 points each day and a total of 21 points for the week!

Fun Ways to Earn MOTION CHALLENGE Points

Earn 1 point for each 20 minutes of MOTION when:

- Walking, running, biking, roller-blading, dancing, and other similar activities
- Playing active games like hopscotch, Hula Hoop, jump rope, or hide-and-go-seek
- Participating in sports like basketball, soccer, volleyball, baseball, tennis, and track

	Challenger 1	Challenger 2	Challenger 3	Challenger 4
Sunday <i>List Activities and Record Points</i>				
Monday <i>List Activities and Record Points</i>				
Tuesday <i>List Activities and Record Points</i>				
Wednesday <i>List Activities and Record Points</i>				
Thursday <i>List Activities and Record Points</i>				
Friday <i>List Activities and Record Points</i>				
Saturday <i>List Activities and Record Points</i>				

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