

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

# Active Play EVERY Day!

Take FUN, simple steps to increase your minutes in motion through the 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.

## Enjoy active play during family time!

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

### Family time 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.

### Family time 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.

## Increase Minutes in Motion Throughout the Day

Kids need 60 minutes of daily physical activity.

**Tips** - Take the stairs. Park and walk. Enjoy “stretch breaks” when working or doing homework. Shoot hoops for a “fast break.”

## 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.*

*Each person draws a card and everyone joins in with the active play directions!*

## Family Talk

Think about your family’s day and write ideas for extra minutes of motion:

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**Resources**

**American Academy of Pediatrics\***

[www.aap.org/family/smarttv.htm](http://www.aap.org/family/smarttv.htm)  
 Recommendations for TV viewing

**The President's Council on Fitness and Sports**

[www.presidentschallenge.org](http://www.presidentschallenge.org)  
 Fitness counters and activity logs for kids, teens, adults, and others

**VERB**, U.S. Dept of Health and Human Services and CDC,  
[www.verbnow.com](http://www.verbnow.com)

An interactive site for "tweens" with game ideas, comments by athletes, and more

**Fit & Fun Family Goals**

**Feel good, 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 **Fit & Fun** Goal is to get at least 3 points each day and a total of 21 points for the week!

**Fun Ways to earn CHALLENGE MOTION 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
<b>Sunday</b> <i>List activities and record points</i>				
<b>Monday</b> <i>List activities and record points</i>				
<b>Tuesday</b> <i>List activities and record points</i>				
<b>Wednesday</b> <i>List activities and record points</i>				
<b>Thursday</b> <i>List activities and record points</i>				
<b>Friday</b> <i>List activities and record points</i>				
<b>Saturday</b> <i>List activities and record points</i>				
<b>Totals</b>				

\* The American Academy of Pediatrics recommends no TV for kids under two years and no more than two hours per day (of quality programs) for older kids.