

# Tips for Getting Children Physically Active

- Plan an active family outing such as a trip to the zoo or a walk through a local park
- Set limits on the amount of 'non active' time your children spend watching television and videos and playing computer games
- Help your children to find FUN things to do besides watching television
  - ☞ play schoolyard games at home like hopscotch and jump rope
  - ☞ make instruments out of kitchen items and dance to the music you make
  - ☞ play some one-on-one basketball
- Give your children chores that are active such as washing the car, vacuuming, making the beds, walking the dog, helping you out in the garden.
- Be a positive role model for your child – take the stairs instead of the elevator, choose active pastimes, get off the bus one or two stops early and walk the rest of the way.
- Plan physical activities with your children around other families or friends – physical activity can be more fun with others
- Join your children for a bike ride, ball game or long walk
- Give gifts or toys that promote physical activity such as bats, balls, skates, bike, sneakers or skipping ropes
- Designate areas inside your house where your children can be physically active
- Go for a walk after dinner with the family
- Go to the playground and help your children learn how to climb and swing.
- Teach your children skills that will help them to be physically active like skipping, riding a bike, skating or throwing, catching, hitting and kicking a ball.
- Set walking goals as a family for distance or time and record how well you do.

