

Promoting Physical Activity

Finding time to be active can be tough with kids' busy schedules. Make sure physical activity is included every day rather than leaving it for last on your list.

- ❑ No TV in the child's bedroom
- ❑ No TV for children under age 2
- ❑ Limit TV time for children over 2 to 1-2 hours per day of quality, non-violent, educational programming
- ❑ Include after-school physical activity in the daily schedule; take a break before homework begins
- ❑ Use one-on-one time with a parent to motivate kids who don't enjoy sports – get active together!
- ❑ Expensive equipment or gym membership is not necessary for physical activity
 - Walk, jump rope, play with the dog, toss or kick a ball in the yard, play tag, buy a kite, ride bikes, wax the family car, play hopscotch
 - Walk from one end of the mall to the other when the weather is bad
 - Get an exercise video and use it for 30 minutes each day
 - Dance to a favorite CD
 - Ask for birthday gifts that emphasize activity (skates, balls, etc)
 - Household chores can count as physical activity, like raking leaves or vacuuming
 - Check your community parks and recreation department for options