



Parent Guide to an Active Family Lifestyle

Aim for Fitness

It's key in helping adults and children maintain a healthy weight and good health. The Dietary Guidelines for Americans recommend that kids get at least 60 minutes of physical activity most — preferably all — days of the week. For adults, it's at least 30 minutes. Try these simple tips to keep your family moving.

Be an Active Family

- Schedule a regular time for family physical activity.
- Schedule activities everyone can do together, such as biking, inline skating or swimming.
- Go out and play with children when you can. Play tag, play catch, ride a bike, swing, play ball.
- Walk or bike with your child instead of driving for short errands.

Make Fitness Fun

- Keep family activities fun rather than competitive.
- Schedule birthday parties and events at skating rinks, parks, gymnasiums, supervised swimming pools and other activity-oriented places.

Make a Conscious Effort to Keep Kids Moving

- Encourage running, playing tag, and other fun outdoor activities and games both at home and at school.
- Help kids organize weekly games, such as kickball, with their friends.
- Set up an indoor area where rolling, climbing, jumping and tumbling are allowed.
- Limit screen time to no more than two hours a day.
- Walk to school with your kids. It's a great start to the day and to getting 60 daily minutes of activity, too.
- Get teachers on board. Talk to teachers about incorporating fitness breaks into the school day.
- Team up with neighbors to form a family walking club.

Show Children How Much You Enjoy Physical Activity

- Let kids see you enjoy activities such as walking, tennis, hiking or cross-country skiing. It keeps kids moving, and it helps them learn activities they can enjoy for a lifetime.

Stay Active in Cold Weather, Too

- Layer for warmth and spend as much time outdoors as possible.
- Walk. Ice skate. Cross-country ski or snow-shoe.
- Swim indoors. Mark the local pool's "family swim" times on your calendar.
- Dance. Try fun games like Dance, Dance Revolution®.
- Play indoors at the local YMCA or high school.