

## Tips for Raising Active Healthy & Fit Kids

Children need to be active for 60 minutes on most days of the week to maintain good health and fitness. Activity can be accumulated throughout the day. Even blocks of time as short as 15 minutes or more can count towards kids' daily activity goal.

### Here are some FUN ways for kids to stay active & fit!

Have fun! Show children how much fun it is to be active

Run like a gorilla.

Walk like a spider.

Hop like a bunny.

Stretch like a cat.

Have family contests: who can jump rope the longest?

Wheel barrel races

Potato sack races

Use parties as an opportunity to promote activity:

Ice skating party

Bowling party

Touch football party

Get up early with your children to walk the dog

Do jumping jacks together after dinner

Take a family walk after dinner

Go on a family bike ride through the neighborhood

Create sidewalk art with chalk and play hopscotch

Fly a kite on a grassy field or beach

Enjoy a playground at a school or a park

Play Duck, Duck, Goose or London Bridge

Sledding

Bowling

Tag

Hiking

Visit a swimming park

Batting cages

Miniature golf



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## Chef Solus' Favorite Tips to Help Kids and Families Stay Active!

### Involve the whole family

- Talk about physical activity as a fun lifelong way to take care of your body and balance your food and energy, rather than viewing it as a chore
- Celebrate accomplishments with fun activities instead of food or extra TV time

### Establish a routine

- Start small, gradually adding new activities to your routine
- Set aside time each day for physical activity

### Let your child pick and choose

- Organized sports are great but there are many other activities children can do to be active that are not competitive. Let them select or choose as a family
- Take a nature hike to collect leaves and rocks that your child can use to make a collage.
- If your child likes to climb, head for the nearest neighborhood jungle gym
- Let each child take a turn choosing the activity of the day or week
- If your child likes to read, walk or bike to the neighborhood library for a book
- turn on your child's favorite music and dance in the living room

### Limit screen time to no more than 1-2 hours per day

- Ask them to decide how they would like to use their 1-2 hours of "screen time"
- Avoid putting a television in your children's bedrooms
- Keep the computer in a family area.
- Limit other sedentary activities, such as text messaging or chatting on the phone

List 5 ways your family stays active

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

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