



## Tips to be an Active Family

- **START YOUNG**, children of any age can join in on the fun
- **ROLE MODEL** – children raised in active families are more likely to be active adults
- **EQUIP THE HOME** with jump ropes, weights, balls and bean bags
- **PLAY TEAM SPORTS** as a family- basketball, baseball, flag football- no need to fill all the positions
- **PLAY TOGETHER** – tag, peek-a-boo, water balloons, Twister or slip and slide...there's no end to the fun
- **CHALLENGE EACH OTHER** – who can do the most sit-ups, push-ups, jumping jacks...really works well during commercials to keep active during screen time
- **DO CHORES TOGETHER** – a 60 pound child burns 50 calories sweeping the floors for 30 minutes; parents can burn twice as much!
- **BUILD NEIGHBORHOOD COMMUNITY** – start a neighbor walk and talk group
- **GET OUTSIDE** – take a hike or ride bikes together
- **HAVE A FAMILY OLYMPICS** – time your runs, measure long jumps or walk the balance beam
- **LAUGH TOGETHER** – laughter is the body's built-in method to be healthy