

Tips for Parents

(Taken from the United States Government Department of Health and Human Services, Department of Agriculture, and Department of Education)

- Children need at least 60 minutes of physical activity every day. Playing hopscotch, tossing a ball back and forth, and dancing are some good ways for your child to be active.
- Be a physically active role model and have fun with your kids. Adults need at least 30 minutes of daily physical activity.
- Walk with your child at every available opportunity.
- Take a family walk after dinner instead of watching TV or playing computer games.
- Plan active weekends: biking, hiking, skating, walking, or playing ball.
- Take a trip to the park, skating rink, or swimming pool.

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Keep TVs out of children's rooms.

- Give your children gifts that encourage physical activity – active games, sporting equipment, or Frisbees.
- Start a log of how your family keeps active and review it at the end of each week.
- Discover what physical activities the community offers.
- Encourage the use of stairs instead of elevators and escalators.
- Take your children food shopping and let them pick out a new vegetable to try.

