Be Active and Have Fun

Be active with your family each day. Here are some tips to fit physical activity into a busy week—and make it fun!

Find the best times to be active.

First, I will:

☐ Keep track of how my family spends our time for one week.

☐ Find two 30-minute time slots when my family could fit in physical activity.
  - Choose times when my family is usually together to try an activity.
  - Choose times when we usually have a lot of energy.

Start small.

Which of these activities will work for your family?

☐ Taking a walk or play tag with the children.

☐ Walking to work, school, or a friend’s house.

☐ Using chores to move more; I can burn calories while I vacuum, rake leaves, or scrub floors.

☐ Asking my family to start (add your own ideas here!):

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Start with what you know.

What will you start to do?

☐ Do things I know how to do—riding a bike or dancing.

☐ Pick activities that don’t need any costly sports gear—like jogging, doing pushups, or tossing a ball.

☐ Get active at home, in my neighborhood, or in the park.
  - I don’t need to go to a gym.
  - I can try active video games, where my kids and I dance or run in place.

☐ Make a pledge to:

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Be active together.

I plan to:

☐ Play with my kids or let them join me for an exercise video or fitness game.

☐ Set up a birthday party or other social event that gets people moving, like dancing or having a jump rope contest.

☐ Exercise with friends.

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If your family does not want to be active:

• Tell them physical activity will help make their bodies strong and healthy.

• Lead by example. When they see you having fun, they will want to join in.

• Tell them being active will give them more energy. Ask them to try it for two or three weeks and see how they feel.

• Have children choose fun ways to get moving.

Try new things.

I haven’t done this before, so I will:

☐ Ask a friend to teach me a sport or active game.

☐ Take a dance or sports class. Sign my kids up for a class too.

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Get support.

When I need support, I will:

☐ Find free or low-cost programs to help me and my family move more, such as:

  • Parks and recreation or YMCA programs
  • After school programs
  • Exercise classes at work

☐ Tell friends and family that I am trying to move more. Ask them to support my efforts.

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We Can! is a program from the National Institutes of Health that offers resources for parents, caregivers and communities to help children 8-13 years old stay at a healthy weight through eating right, increasing physical activity, and reducing screen time.

To learn more, go to http://wecan.nhlbi.nih.gov or call 1-866-35-WECAN.

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