



Physical activity

## Make Physical Activity a Part of your Family's Routine

**Set Goals:** Have your family establish goals that everyone can achieve together. In the first few weeks, you may not achieve every goal but if you stick with it, physical activity will become part of your family's routine.

Set effective goals that are specific, achievable and forgiving. Rather than saying you will exercise more, set a goal like walking for 30 minutes a day, three times a week.

Issue a family challenge to see who can be the first to achieve a presidential Active Lifestyle Award (PALA) by committing to physical activity five days a week, for six weeks.

**Tip:** Effective goals are specific, achievable and forgiving. "Exercise more" is a great idea, but "take a 30 minute walk" is more specific and easier to achieve.

**Schedule your Activity:** The best way to begin increasing your families physical activity is to schedule time for it. Start by identifying at least three 30 minute time slots this week for activities like taking a walk, playing sports or doing active chores. Choose times of days or week when everyone is most likely to stick to the schedule.

**Add it up:** Make a Lets move family calendar for easy way to begin scheduling your activities. Once you've personalized the calendar for your family, post it on the refrigerator or in another location where the whole family can see it and track progress. Don't forget to celebrate your achievements; every little bit counts.

**Be Flexible:** If a conflict comes up during physical activity time, reschedule instead of canceling. Find a new time for the activity to replace what you missed.

**Share it:** To keep the momentum going, share your new ideas, activities and tools with friends, neighbors and relatives. Invite them to join in and get moving too!

### **Ideas to get started**

There are countless ways to enjoy physical activity together as a family such as these fun ideas:

- Play tag, swim, toss ball, jump rope, hula-hoop, dance to music or even play a dancing video game. It doesn't have to be sports-just get your family moving!
- Walk the dog, go for a jog, go on a bike ride, take the stairs or head to the park and let kids run around for a while.
- Celebrate special occasions-like birthdays or anniversaries – with something active, such as a hike, a volley ball or soccer game or playing Frisbee at the park.
- Get the whole family involved in household chores like cleaning, vacuuming and yard work.
- Walk instead of drive whenever you can. If you have to drive, find a spot at the far end of the parking lot and walk to where you are going.
- Park farther way and count with your children the number of steps from the car to your destination. Write it down and see if you can park even farther way on your next stop.
- Train as a family for charity walk or run.

## Let's Move Activities

Kids should participate in physical activity for a least 60 minutes every day.

### Tips to get moving

1. Pick an activity from the list below to get your family moving
2. Brainstorm ideas with your family and add them to the list
3. Schedule your activities using the Lets Move Family Calendar.
4. Share your success! Tell a friend. Encourage the entire community by sharing your story on the Lets move Facebook page.

### Simple Steps

- Take the stairs instead of the elevator.
- Limit TVE time and keep the TV out of your child's bedroom.
- Walk around the block after a meal.
- Make new house rule: No sitting during television commercials

### Family Fun

- Spend time together with a family park day, swim day or bike day
- Involve the whole family in household chores: cleaning, vacuuming, and yard work
- Issue a family challenge to see who can be the first to achieve a "presidential active lifestyle" award: by committing to physical activity five days a week for six weeks.
- Celebrate special occasions – birthdays, anniversaries- with something active such as a hike, volley ball game, or a Frisbee match.

### Active schools and communities

- Facilitate a safe walk to and from school for the kids in your neighborhood once a week.
- Encourage schools to hold noon recess prior to lunch to encourage physical activity before mealtime.
- Volunteer to help with after-school physical activity programs or sports teams

### **What are your goals?**

List them below

*Example: jump rope for 5 Minutes*

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