

Let's Move! Enjoy Moving as a Family



Physical Activity Know-How

If you do active things, your kids will too! Children often “inherit” their family’s lifestyle.

- Try to be physically active for at least 30 minutes on most days.
- Your child needs to be physically active at least 60 minutes every day of the week.



Why is It Important?

Kids’ bodies are growing every day, in every way. Being physically active improves children’s overall health. When they exercise, kids just feel good.

Being physically active can help you and your child

- enjoy yourselves, and have fun;
- do better in school, and have longer attention span in class;
- feel better about yourselves;
- sleep well at night;
- stay at or get to a healthy weight;
- decrease your chances of becoming depressed; and
- increase your chances of living longer.

You do not need to spend money to fit *active fun* into your family life.

Let's Move...Cold Weather Fun!

Let's Move...Cold Weather Fun!

- Act out a story. If it is a book about food, make it in the kitchen together later.
- Create an obstacle course indoors. Kids love to tumble over pillows, crawl through open boxes, and jump into hula-hoops.
- Enjoy autumn leaves. Rake leaves in a pile. Enjoy the pleasure of jumping in it!
- Bundle up for snow play. Create angels. Make a "snow family." Go sledding. Climb a snow mountain.
- Take a nature hike. Look for animal tracks in the snow, wild flowers and buds in early spring, or colorful fall leaves.
- Take a neighborhood walk. How does it look different in cold weather?
- Decorate an outdoor tree for the birds. Hang apples, pinecones rolled in peanut butter, or popcorn strings.
- Have a family dance party.



Let's Move...Warm Weather Fun!

Let's Move...Warm Weather Fun!

- Play hopscotch.
- Visit a farmer's market. Talk about the foods as you walk through the market. Buy something new to cook and eat at home.
- Run through the garden sprinkler.
- Go fruit picking: berries, peaches, apples, whatever grows where you live.
- Splash in a pool, lake, or slow, clean stream.
- Fly a kite.
- Blow bubbles. Chase them wherever they go!
- Walk to the store or library – even if it takes longer. Talk about what you see along the way.
- Play games that move such as: "Ring Around-the-Rosie," "London Bridge," and "Red Light Green Light."
- Go on a nature hike. Look for wildflowers, insects, bird's nests, rocks, leaves, shells, butterflies, and other natural things.



For tips visit us at:



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