

Family Fitness is Priceless

Our bodies are made to move! Being physically active everyday...

- Helps keep the heart and lungs healthy
- Builds healthy bones, muscles and joints
- Boosts energy and promotes sound sleep

Physically active children feel good about themselves and are happier. Make physical activity part of your family routine. It is a priceless gift to give your children.



Move More, Sit less!

The American Academy of Pediatrics recommends that children's total media time be limited to one to two hours per day. Media time refers to watching TV, playing video games, and using the computer. Look for entertainment that keeps you and your family moving - tour a museum, go bowling, try skating, camping, fishing or hiking. Train as a family for a charity walk or run.

Children Learn by Example

- If you are not motivated to be physically active for yourself then do it for your children. By staying active and eating healthy, your children will likely follow in your footsteps.
- Brainstorm different fun activities that your family could do together. It is also important to stay active during the cold winter months. What does your family like to do during the winter or for indoor activity? Here are some ideas to get you started:



Get Moving Indoors

- ❑ Play a dancing video game
- ❑ Set-up a mini-golf course
- ❑ Make a scavenger hunt
- ❑ Play hide-n-seek
- ❑ Act out a story
- ❑ Create an obstacle course
- ❑ Fly paper airplanes
- ❑ Play hopscotch

Get Moving Outside

- ❑ Garden or pull weeds
- ❑ Take the dog for a walk
- ❑ Wash the car
- ❑ Shovel snow
- ❑ Try skating or roller blading
- ❑ Play Frisbee
- ❑ Go sledding, ice skating or skiing
- ❑ Fly a kite

Resources:

1. Promoting Physical Activity. American Academy of Pediatrics. http://brightfutures.aap.org/pdfs/Guidelines_PDF/7-Promoting_Physical_Activity.pdf
2. 2008 Physical Activity Guidelines for Americans. U.S. Department of Health and Human Services (HHS) <http://www.health.gov/paguidelines/>

For more information, contact: Cami Wells, Extension Educator, cwells2@unl.edu

<http://walknebraska.org/>



Extension is a Division of the Institute of Agriculture and Natural Resources at the University of Nebraska-Lincoln cooperating with the Counties and the United States Department of Agriculture.

University of Nebraska-Lincoln Extension educational programs abide with the nondiscrimination policies of the University of Nebraska-Lincoln and the United States Department of Agriculture.