

For you and your child:

Fit Physical Activity into your Schedule Every Day!

- Encourage a "1 hour rule" for inactivity. Don't allow your children to sit for more than 1 hour without moving.
- Walk or bike to the store, your friends house, etc., instead of driving.
- Encourage your children to play before and after mealtimes.



- Play with your children! Jump rope, hop scotch, walk around the block, build a snowman, etc. Get the whole family involved.
- Be active for an hour or more after school or work.
- Play outdoor games like tag, kickball, kick-the-can, etc.
- Play with your pet outside or take him for a walk with your children.



Tips to make it easier:

- Make gradual changes each day to increase your activity level.
- Keep it fun! Do activities that you enjoy and encourage your children to do the same!
- Be consistent. If you decide on the "1 hour rule" or set aside a specific time for activity...stick to it!