

Ideas to get your family moving

- § Go outside and play chasing, ride bikes or throw a ball or a Frisbee.
- § Encourage children to make their own obstacle course at home. You could use garden hoses as tight-ropes, chairs to crawl under, and the clothes line to run around. Include a skipping rope and some jumping. For variety ask them to walk backwards, hop or skip through the obstacle course. Time them to see how they are improving.
- § Encourage your child to play outside whenever possible. Play along whenever you can.
- § Be a good role model – be active when you're with children. What gets children moving is what parents do, not what they say. Children learn by example!
- § Include games and walks in family outings.
- § Negotiate a time limit on sedentary activities such as watching TV and playing computer games.
- § Walking together is a good time to talk to children about their lives and yours.
- § Be prepared, think about activities your family can do in and around your home. Have some plans for wet days.