



# Family Activity Every Day!

Encourage your children to be active for at least one hour every day. Being a role model for healthy activity every day promotes active habits in your children that last a lifetime.

It's easy, especially with these tips:

- ◆ **Encourage a "1 hour rule" for inactivity.** Don't allow your children to sit or lounge for more than 1 hour without moving around.
- ◆ **Walk or bike instead** of driving anywhere you can. To the store, your friend's house, etc.
- ◆ **Encourage your children to play** before and after mealtimes.
- ◆ **Play with your children!** Jump rope, hop scotch, ride bikes, walk around the block, dance, build a snowman, etc.
- ◆ **Choose physically active toys and games** that require your children to be active.
- ◆ **Be active** for an hour or more after school and after work.
- ◆ **Get in the woods!** Visit your local outdoor walking/hiking trails.
- ◆ **Play with your pets** outside or take them for a walk with your children.
- ◆ **Have active screentime!** During Commercial breaks do a quick activity like jumping jacks, running in place, sit-ups, or be silly and dance!

## Tips to make it easy:

- ➔ **Make gradual changes** each day to increase your activity level.
- ➔ **Keep it fun!** Do activities that both you and your family enjoy.
- ➔ **Limit TV and computer use.**
- ➔ **Be consistent.** If you decide on the "1 hour rule" or set aside a specific time for activity... stick to it!

## Make it fun!

Play Aerobic Tic-Tac-Toe with your family! Design a board that's three across and three down with different activities in each square. Here are some ideas to get you started:

- Jumping jacks
- Hop around the board
- Move like a ninja for 30 seconds
- Pretend jump rope or hoola hoop!
- Hold a yoga pose
- Jog in place
- Balance on one foot with eyes closed
- Throw a ball in the air and catch it
- Wall push-ups

Source: Adapted from the Maine Center of Public Health Keep Me Healthy project.

