Physical Activity
Tips to stay active!

Being physically active and eating a proper diet are two ways to help you keep a healthy weight.

Being active can help you:
• stay healthy
• improve your mood
• keep a healthy weight

Try being active at least 60 minutes a day.

There are many ways to be active:
• Sports
• Walking the dog
• Jumping
• Doing chores

Flip over this sheet for more ways to be active

Make an ACTIVITY PLAN
• Each day plan out what you would like to do.
• Schedule each day’s activity time and screen time.
• Try to be active throughout the day.
• Your activities can be done in 15 minute blocks.
• Talk to your doctor to learn about the right level of activity for you.

Choose a goal that’s right for you!

□ I will help out with chores around the house
□ I will do 15 minute blocks of activity four times a day
□ I will wear a pedometer and track my footsteps
□ I will try a new activity each week
□ ______________________________________

PARENT CORNER
Be a good ROLE MODEL:
• Make activity time and playtime a fun family event.
• Limit screen time to less than two hours a day for the whole family.
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Need some help? Look below for ways to keep your child active.

Ideas for INSIDE
• Get up and move during TV commercials
• Climb up and down the stairs 10 times
• Challenge your parents or siblings to a game on Wii Fit
• Have a sit-up or push-up contest
• Build a fort
• See who can jump on one foot the longest
• Make a dance routine to your favorite song—show it to your parents
• Jump rope
• Rent an exercise video—follow the workout
• Stretch out those muscles
• Lift some weights—use milk jugs filled with water or cans of veggies to pump up your muscles

Ideas for OUTSIDE
In the SUMMER
• Walk your dog
• Ride your bike
• Play tag with siblings or kids in your neighborhood
• Play Red Rover
• Go to the park or playground
• Build an obstacle course
• Play Hide and Go Seek
• Plan a family walk for after dinner
• Go roller skating

During WINTER
• Build a snowman
• Make snow angels
• Have a snowball fight
• Go sledding
• Go ice skating
• Help your parents: grab a shovel and start digging

PARENT CORNER
Sit down with your child and think of fun ways to be active. Write these ideas on note cards. When your child is bored or can’t think of anything to do, bring out the activity cards. Get their little feet moving!