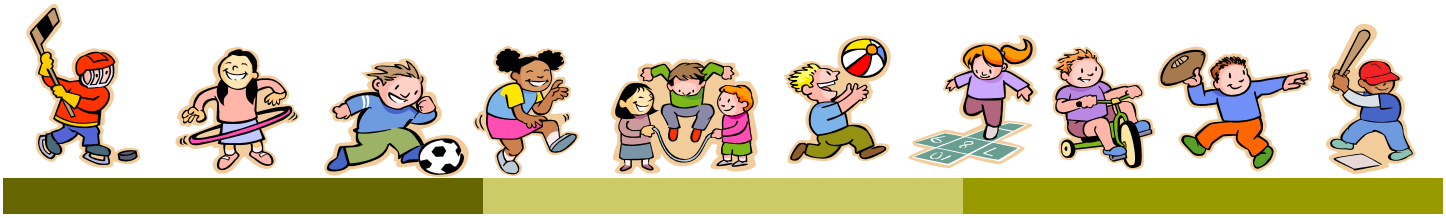

Active Families Make Healthy Families

Why is physical activity important??

It is a well known fact that kids have more energy than we often know what to do with . Take this opportunity to create fun physical activities for you to participate in with your children. When children engage in led activities they are able to increase motor skills and acquire social skills while interacting with other children and adults. Also, children learn by example and when adults engage in physical activities, children are prone to adopt these same healthy behaviors. Remember, adults should get 30 minutes of physical activity in each day and children require 120 minutes per day; therefore participating in these activities with your kids will benefit your health as well!

Avoid having a family of couch potatoes...

- Set a good example and be active
- Schedule fun physical activities for the family to do together on a daily basis
- Bring back your childhood favorites — purchase hula hoops, jump ropes and beach balls to use for indoor and outdoor activities
- Limit screen time — this includes video games, computers and television

Indoor Activities for the Family

- Indoor Blizzard
  - Supplies: 10 balls of paper; laundry basket or box
  - Set up: place all paper balls in the middle of the play space and place laundry baskets or boxes around the perimeter of the room.
  - Play: Have your child toss the paper balls into each basket/box. After all balls have made it into the baskets/boxes, collect and do again. Make the game fun by moving the targets closer and farther away from the child.
- Obstacle Course
  - Supplies: chairs, beach balls, laundry baskets, canned foods
  - Set up: stage an obstacle course around the house using chairs to walk around, laundry baskets to throw beach ball in or use paper balls from Indoor Blizzard, and set cans on the floor for children to move around (figure 8 motion) while tossing a beach ball in the air and catching it
  - Play: Changing the obstacles for your child will help keep them alert and keep the activity fun! Have them skip, walk backwards, crawl , bounce or toss a ball while completing different obstacles.