Having Trouble getting your kids outside?

According to the American Academy of Pediatrics (AAP), lifestyles learned as a child are more likely to become adulthood habits. For this reason, it is important to start getting your children into sports and physical activities early in life. It is also recommended that a child should not be seated for more than 30 minutes at one time unless they are sleeping or eating. AAP suggests that structured, or led, physical activity should come in 15 to 20 minute increments. This means it's time to get your kids up and away from the computer, television and video games that they love so much and show them all of the active play that will teach them how to socialize with others and increase motor skills.

Steps you can take to increase your family's physical activity time

- Limit TV viewing for the entire family. AAP recommends less than 2 hours of screen time each day for children. This may be a sacrifice for adults but it's best to lead by example and limit your screen time as well.

- Find a fun activity. Your daughter and son may not see eye to eye on sports so rotate activities. This will allow the child who chose the sport to share their "expertise" with their family as well as being a learning experience for the others.

- Set special days such as "pool day", "sledding day" or "kid's day" and allow for your child to choose the activity. This will be a fun way to get your family involved and see what activities they really enjoy participating in.

- Think outside of the box; not all active play is running around the yard or riding a bike (although very fun!). Take a trip to the zoo — this will ensure walking for a couple of hours. You can go on a family outing to go horseback riding or go for a hike at a nearby park.

- Do not over do it. Kids can get burned out easily. Let them know that physical activity is not supposed to hurt and if it does, slow down or engage in less vigorous activities.

Did you know???

According to Head Start Body Start: National Center for Physical Development and Outdoor Play, young children's physical activity level is an important contributor to their early brain development and learning.