

Move More as a Family

With technology today, children move less than in years before. Since our lifestyles are usually more sedentary than active, it's very important to encourage your children to make physical activity and simple Move More strategies part of their daily routines now. This will help them build good lifetime habits.

Limit Screen Time	<ul style="list-style-type: none"> • Make a "screen time" schedule - this can include TV, computer, movies, video games, etc. • Try to avoid using sedentary activities as rewards and incorporate "free play" which has kids moving • Set a timer to help everyone remember when time is up
Role Model	<ul style="list-style-type: none"> • Establish Move More habits in your routine as well • Exercise together – take evening walks, ride bikes, play games • When running errands use Move More lifestyle habits (park farther away, walk around the store before shopping, use the stairs, etc.)
Play Games	<ul style="list-style-type: none"> • Play classic playground games (Simon says, red light/green light, kickball, tag, jump rope, action charades, etc.) • Create new games which involve physical movement • Add rules to other games to get players up and moving • Make regular housework a game (race to clean, fold and put away laundry, do yardwork, etc.) • Find video games which incorporate physical activity
Explore Your Community	<ul style="list-style-type: none"> • Find safe, local playgrounds • Join a community center or youth program which offers physical activities • Reach out to neighbors and other parents to help children play games, walk together, etc.
Play Music	<ul style="list-style-type: none"> • After school, before dinner or in the evening – play music and dance • For young children, try CDs with instructions to move
Plan for Activity	<ul style="list-style-type: none"> • Schedule an outing for physical activity (walk, park, etc.) • Be sure kids are dressed comfortably to move • Have appropriate safety equipment (helmets, pads, etc.) • Keep water and healthy snacks handy (fruit is refreshing!)

Sample these fun activities to Move More as a family!

- ▶ Biking
- ▶ Soccer
- ▶ Skating
- ▶ Tennis
- ▶ Hockey
- ▶ Leap Frog
- ▶ Hopscotch
- ▶ Basketball
- ▶ Swimming
- ▶ Stretching
- ▶ Tug-of-War
- ▶ Calisthenics
- ▶ Martial Arts
- ▶ Jumping Rope
- ▶ Climb playground equipment



Do the 2!
eat right. move more.



Louisiana