

### Questions:

1. What are your favorite activities?
2. How many days are you active during the week?
3. Do you have a TV in your room?
4. How many hours do you spend watching TV per day?

## HAVING FUN WITH ACTIVITY

### Why is being an active kid important?

Kids who are physically active feel stronger, more energetic, healthier and happier. They are less vulnerable to disease and injury. Physical activities help kids to develop new skills, improve coordination and build self-esteem. Also, physical activity is a great way to have fun with friends and build social skills. So have fun with activities kids!

### How much activity is enough?

- A good goal for kids (and adults!) is at least 60 minutes of activity per day and at least five days per week, but ideally every day.
- This does not mean you have to be active in 60 minute sessions; the goal is to *accumulate* 60 minutes per day. This can be done in shorter sessions, for example a 15 minute walk to school and a 45 minute activity later in the day.

### TV, computer and video game time (“screen time”)

More time for physical activities means less time for watching TV, playing video games, or using the computer (“screen time”). Try to limit *total* screen time to less than two hours per day.

**Get active during TV.** Some physical activity can be done while watching TV, e.g. walking on a treadmill, light weight-lifting exercises, elastic band “resistance” exercises, situps, jumping rope, hula-hoop, etc.



# Having FUN with Activity!



Let's figure out what you would like to do for fun to be active! The goal is to be active for at least one hour per day! (Add your activity goal to your Goal Sheet!)



## My Weekly Activity Plan: Goal - 60 minutes per day

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6-8 am							
8am-2 pm							
2-4 pm							
4-6 pm							
6-8 pm							
8-10pm							
<b>Total Time</b>							

### Extra Credit

- “Active Living”



1. Take the stairs instead of the escalator



2. Walk or bike to school (only if safe)



3. Park far away from the entrance of stores

- **Calendar:** Get a calendar and put a sticker on the days you are able to follow your plan or are active for at least 60 minutes.



# Things you can do for FUN!!!



## Team Sports

Lacrosse  
Football  
Baseball  
Hockey  
Soccer  
Volleyball  
Rugby  
Wrestling  
Swimming  
Track  
Softball  
Basketball  
Cheer leading  
Jump rope team  
Tennis  
Ping pong  
Gymnastics

## Snow Sports

Skiing  
Snowboarding  
Ice skating  
Sledding  
Shoveling

## Martial Arts

Tai-chi  
Karate  
Kung fu  
Tae-kwon-do

## Individual Sports

Running/walking  
Swings  
Biking  
Trampoline  
Jump rope  
Stretching  
Rollerblading  
Tennis  
Ping pong  
Disco/Dance  
Hacky sack  
Ropes  
Circuit  
Rock climbing  
Hiking  
Pogo stick  
Hopscotch  
Skipping Golf  
Hula-hoop  
Skate boarding  
Jumping jacks  
Push-up's / sit-up's

## Gym/Video Work

### Outs

Yoga/Pilates  
Boxing  
Gym  
Dance Class/Video  
Tae-bo  
Fitness classes  
Personal trainer

## Water Sports

Surfing  
Body boarding  
Wakeboarding  
Canoeing  
Sailing  
Water skiing  
Water aerobics  
Swimming  
Water polo

## Around the House

Cleaning  
Vacuuming  
Stairs  
Treadmill  
Babysitting  
Walking the dog  
Dancing to music  
Shoveling  
Raking

## Games

Dodge ball  
Tag  
Hide and seek  
Duck, Duck, Goose  
Foosball  
Matt ball  
Wall ball  
Kickball  
Frisbee  
Marco-polo  
Obstacle course

Did we forget any of your favorite activities?



## Extra information for parents

### How can I get my kids more active?

- **Let them choose.** Kids get excited about activities they choose themselves, and some are bound to appeal to your child. See the “Things you can do for FUN” page for ideas.
- **Emphasize FUN and be positive.** Kids get active for FUN, to be with FRIENDS, and to improve SKILLS. Emphasize these benefits to your child and how they will feel stronger, healthier, and more energetic. Avoid speaking of physical activity as an obligation, or linking it to weight loss/physical appearance.
- **Make a plan and track progress.** Use a calendar to plan the week’s activities (see the “Having FUN with Activities” sheet). Let your child track progress and always reward with praise. Design “rewards” for reaching goals, e.g. stickers or a fun family outing.
- **Be a role model and involve the whole family.** Parents, get active! Your children will follow your example, and you’ll get all the health benefits they do! Find activities you can do together as a family; you’ll motivate each other and stay connected.
- **Look for “bonus” activities.** Take the stairs instead of the escalator, walk instead of drive to school or to the store, or park further away from your destination and walk.
- **Park the stroller.** For kids 3 and up, leave the stroller at home and let them walk.

### How can I get my kids to spend less time watching TV/playing video games?

- **Set limits.** Communicate a limit to your child and let him/her choose how to fill those hours. For example, have kids choose their favorite TV show and limit viewing to that.
- **Set rules.** Good rules to communicate to your child include:
  - No TV during meals or while eating.
  - Screen time only allowed when homework is finished.
  - Allow less than two hours of screen time per day.
- **No TVs in the bedroom.** Don’t allow your child to have a TV in his/her room. If it’s already there, take it out. Be a role model and take it out of the parents’ room as well.
- **Replace TV with activities.** Don’t just tell kids not to watch TV; help them find something else to do instead. For example, plan a family activity together after dinner instead of TV, e.g. going for a walk, playing a game.
- **Be a role model!** Parents reduce your own screen time and let your kids learn from your example.

