

Set a good example.

My Goal...

*I will play actively with my child
_____ times per week.*

Record when you play actively with your child on your Fit WIC calendar!



Falls Church Health Department
6245 Leesburg Pike, Suite 500
Falls Church, VA 22044
(703) 534-8343

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Ways to get my family active:

- ◇ Reward your child's good behavior with something active.
Take a trip to the zoo or park.
- ◇ Start a new family tradition. Take a walk together each evening.
- ◇ Clean the house together.
- ◇ Build a snowman.
- ◇ Play music and dance.
- ◇ Go bowling in your living room. Set up 6 empty cereal boxes at one end of the room. Stand at the other end and roll a ball into the boxes.
- ◇ Other: _____