



WIC Healthy Family Newsletter

Winter 2006

Getting Active Indoors and Out

Are you having a hard time fitting physical activity into your day? Did you know that if you have time to watch a little bit of television each day you have time to be physically active? Being physically active for at least 30 minutes daily will improve your health. Plus being physically active can be fun for the family while helping with weight loss and maintenance. Try a few of the following ideas and start getting active today!

- ① **Try 10-10-10** — Do three ten-minute activities during the day; you'll get the benefit of a 30 minutes workout.
- ② **From Here to There** — Ask your child to either run, skip, hop, wiggle or dance between two points. Then let your child tell you how to move between two points.
- ③ **Play Make Believe** — Just like From Here to There, only this time ask your child to pretend he is walking on hot sand, the moon, or swimming in the lake.
- ④ **Obstacle course** — Set several pillows in a row, leaving a space large enough for you or your child to jump between them. Ask your child to jump over the pillows and then jump over the pillows after your child.
- ⑤ **Dance** to music in your living room.

- ⑥ **Make screen time active time** — Run or march in place or do floor exercises like crunches, pushups and leg lifts while watching TV. Play an exercise video or a video game that includes exercising (like the kind that uses a dance pad).
- ⑦ **Limit screen time** — Children and adults who watch too much TV or play too many computer and video games are less likely to be active.
- ⑧ **Look into joining a gym or local community center** — Some community centers like the YMCA have financial scholarships available for families that are unable to pay the regular price.
- ⑨ **Walk or ride a bike after dinner** — If it's too cold or hot outside, try walking indoors at a local mall.

Parenting Tip:

You are your child's biggest role model. If your child sees you enjoying physical activities, he will learn that physical activity is fun and important.



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