

How can being active help my family?

Play with your kids every day – fun for them, fun for you, too!

- ★ Playing with your child can help you manage your weight, too. It's a fun, easy way to be more active!
- ★ Daily activity makes parenting easier. Active kids behave better and sleep better at nap time and at night.
- ★ Get the whole family off on the right foot – take time to walk (and talk) together every day.

Choose one to start the conversation:

- 1 Our staff has been trying to be more active. I've been taking a couple of 10-minute walks during the day and I really feel better. Do you have any ways to squeeze activity into your busy days?**
- 2 Playing together helps us stay close to our kids. What kinds of fun activities does your family like to do together? Have you found any good parks or other play places that I could tell other families about?**



Give them something they value. Share a list of safe places to play outdoors – circle the ones that are closest to the client's home.