

Enjoy Moving as a Family

Active living helps your family enjoy life. Moving more boosts energy and promotes sound sleep. And it is a lifelong way for you and your child to stay healthy and keep a healthy weight. In fact, active living lowers the chances of obesity, type 2 diabetes, and heart disease – for you and your child.



How can you raise an active child?

Get moving yourself! Children often “inherit” their family’s lifestyle. If you do active things, chances are your child will, too. Adults set the tone for active living in the family.

Fit activity in your family life. You do not need to spend extra money, or even get involved in sports. You can all be active – just by doing everyday things.

Do more than watch. Play! Let yourself feel young enough to play, especially with your child. Playing is okay at any age. If you forgot how, your child can show you. Your involvement and enthusiasm support your child’s play.

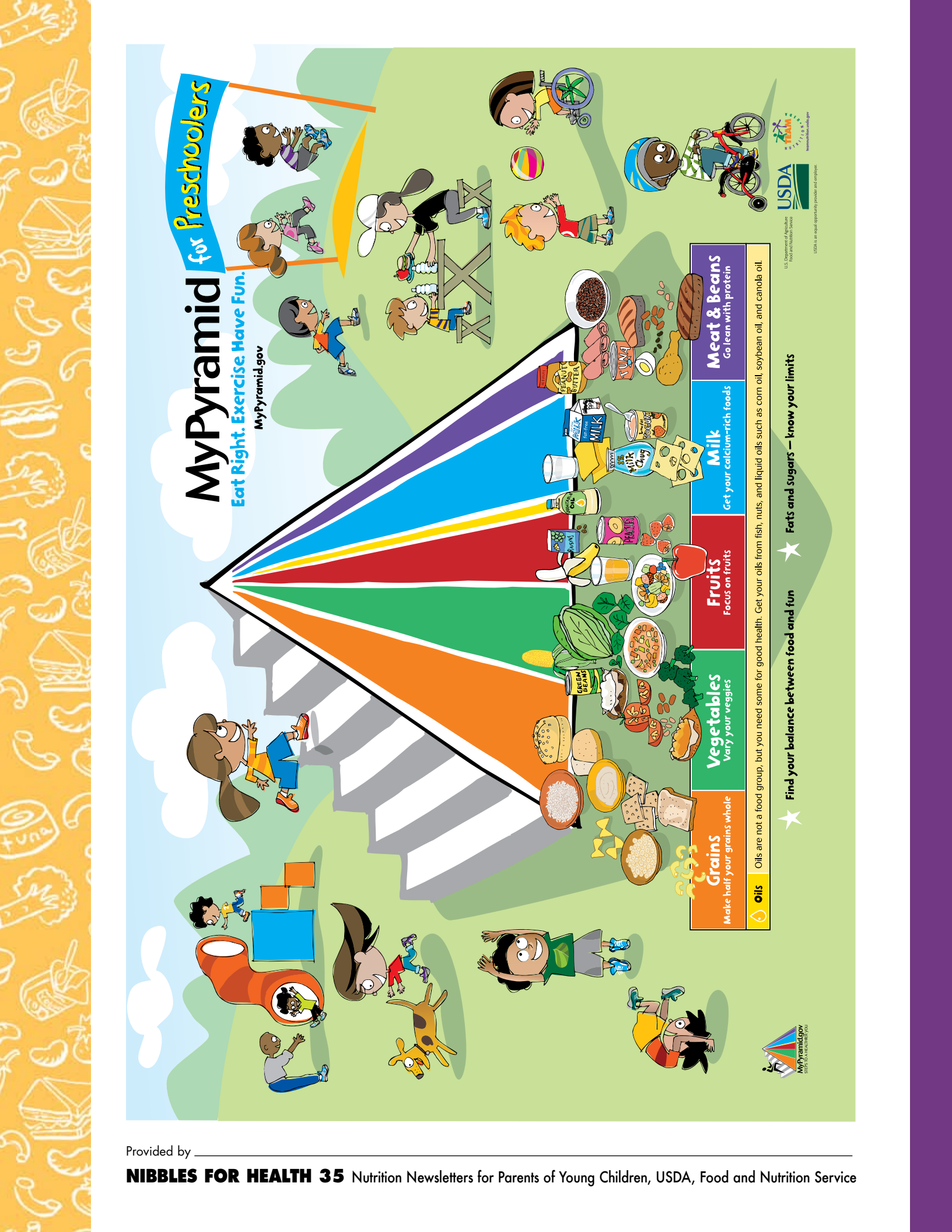


Set limits on TV and computer time for the whole family. That leaves more time for active play.

MyPyramid for Preschoolers on the opposite side is a fun way to show your young child about eating right, exercising, and having fun.

Parent Alert. *Children need at least 60 minutes of physical activity on most, preferably all, days of the week. Competitive sports aren’t the best choice for most young children. Children naturally start to do things in groups about 8 to 10 years of age. Let them choose the type of activities they enjoy. With your support, he or she will probably move enough during the day. Everyone in the family should be physically active most days of the week.*

Here is a guideline for you. Try to fit in at least 30 minutes of physical activity on most, preferably all, days of the week. Three 10-minute chunks of active time are okay, too. If you have been out of action for a while, start slowly. Be a role model for your child. Being active with your family counts!



MyPyramid for preschoolers

Eat Right. Exercise. Have Fun.
MyPyramid.gov

 Oils Oils are not a food group, but you need some for good health. Get your oils from fish, nuts, and liquid oils such as corn oil, soybean oil, and canola oil.	Grains Make half your grains whole	Vegetables Vary your veggies	Fruits Focus on fruits	Milk Get your calcium-rich foods	Meat & Beans Go lean with protein
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★ Find your balance between food and fun ★ Fats and sugars — know your limits