

PHYSICAL ACTIVITY



Choose physical activity goals to help keep your family healthy!

- Encourage and monitor outdoor play.
- One hour or more of daily physical activity.
- Walk or bicycle with your child to run errands or as a regular means of transportation.
- Participate in opportunities for physical activity in the community.
- Center family outings around physical activity.
- Give gifts that encourage activity such as jump ropes.
- Limit television viewing and recreational screen time to less than two hours per day.
- No television in the room where the child sleeps.
- Avoid using food as a reward or punishment.

Be a positive role model for your children.

