



America's Move to Raise a
Healthier Generation of Kids

LET'S MOVE! FAMILY ACTIVITIES

1



Let's Play!

- ☐ Tumble in the leaves, build a snowman, splash in a puddle, or dance to favorite music.
- ☐ What's your family doing? Tell us on Facebook and your family's activity may be featured on the site.

2



Let's Clean!

- ☐ Involve the whole family in household chores, cleaning, vacuuming, and yard work.

3



Let's Go!

- ☐ Select activities that are easy to do anywhere, such as walking, jogging, jumping rope, or aerobics. Your community parks and recreation programs offer low cost programs for the whole family.
- ☐ Bike to the library together Dance or move during commercial breaks - that's usually 15 minutes in an one hour television show.

- ☐ Go up hills instead of around them.
- ☐ Take the stairs instead of the escalator or elevator.

4



Let's Celebrate!

- ☐ Celebrate special occasions—birthdays, anniversaries—with something active, such as a hike, a volleyball game, or a Frisbee match.

5



Let's Walk!

- ☐ Train together for a charity walk or run.
- ☐ Park further away. Count the steps with your children it takes from the car to the destination. Write it down. See if you can park even further away on your next stop.
- ☐ Walk instead of drive, whenever you can. If you have to drive, find a spot at the far end of the parking lot - the most distant from you are going.
- ☐ Walk your children to school.
- ☐ Walk or bike to your children's sports events to cheer for them. You can pace the sidelines while they play.

- ☐ Take a family walk after dinner.
- ☐ Replace a Sunday drive with a Sunday walk.
- ☐ Go for a half-hour walk instead of watching TV.
- ☐ Get off the bus a stop early, and walk.
- ☐ Make a Saturday morning walk a family habit.
- ☐ Walk briskly in the mall.
- ☐ Take the dog on longer walks.
