

# Tips for Getting Active

## Everyday Physical Activity Tips

Small steps that get your family to **move more** can help **all of you** maintain a healthy weight. Choose a different tip each week for you and your family to try. See if you or they can add to the list. Here are a few:

### Walk Whenever Possible

- Walk instead of drive, whenever you can
- Walk your children to school
- Take the stairs instead of the escalator or elevator
- 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
- Park farther from the store and walk
- Make a Saturday morning walk a family habit
- Walk briskly in the mall
- Take the dog on longer walks
- Go up hills instead of around them

### Move More in Your Home

- Garden, or make home repairs
- Do yard work. Get your children to help rake, weed, or plant
- Work around the house. Ask your children to help with active chores
- Wash the car by hand
- Use a snow shovel instead of a snow blower

### Live Actively

- Join an exercise group, and enroll your children in community sports teams or lessons
- Do sit-ups in front of the TV. Have a sit-up competition with your kids
- Pace the sidelines at kids' athletic games
- Choose an activity that fits into your daily life/lives
- Use an exercise video if the weather is bad
- Avoid labor-saving devices, such as a remote control or electric mixers
- Play with your kids at least 30 minutes a day
- Dance to music... with your kids
- Choose activities you enjoy. Ask children what activities they want to do
- Explore new physical activities
- Give yourself a gold star with non-food related rewards, such as a family day at the park, lake, or zoo
- Swim with your kids
- Buy a set of hand weights and play a round of Simon Says with your kids—you do it with the weights, they do it without