



ACTIVE FAMILIES

In recent decades, there has been a decline in physical activity among adults and children, leading to health issues like obesity. Families should incorporate at least one hour of physical activity into each day.



Find time that each family member is free and write it on your family calendar, such as a nightly walk after dinner. Try creating a weekly family fun night to look forward to. Check out Live54218's progress chart on our website to track your family's weekly amount of physical activity.



Head for the park, the trails or the backyard for play time and simple activities like jump rope, tag or Frisbee. Let the kids romp in a neighborhood playground, climb trees or dig in the dirt - anything that gets them moving!



There is still a lot you can do in the rain, sun and snow. Try an indoor scavenger hunt around the house. **Make a game out of chores or have a dance party when you can't go outside.**



Instead of sitting and watching TV, pop in an exercise video or an interactive video game with your kids. **Use commercial time to get up and move.** Sit on a balance ball or stand while watching programs. **Or skip the screen all together and go out for a walk!**

Too many benefits to ignore.

Being physically active will help maintain a healthy weight, promote a better night's sleep, and even help your child focus better in school.

