

# 15 Ways

## To Help Kids Stay Active At Home

*Make sure your child gets an hour of exercise today and every day. Follow these tips to keep everyone moving!*

---

- 1.** Make a chart to track your family's physical activity this month.
- 2.** Organize an Olympics at home and give fun awards.
- 3.** Make a house rule of no sitting during commercials; get up and move!
- 4.** Have your child help you with spring cleaning.
- 5.** Make sure your child drinks enough water when playing or exercising.
- 6.** Set up an obstacle course in your home or yard.
- 7.** Do an active chore as a family; play music to make it fun!
- 8.** Play charades to let your child's creative side shine.
- 9.** Create a scavenger hunt.
- 10.** Do exercises together, like push-ups, sit-ups, and jumping jacks.
- 11.** Play hide-and-seek.
- 12.** Toss a Frisbee, play catch, or kick a soccer ball back and forth.
- 13.** Wash the family car.
- 14.** Try to keep screen time (watching TV, playing video games, and using mobile devices, tablets, and computers) to only a couple of hours a day. Encourage active play instead!
- 15.** Set the example of getting active every day.

