



# The Importance of Physical Activity

## How to Get Your Child to be More Active

It is very important that children, like adults, engage in some type of moderate physical activity for at least 60 minutes per day. This could include, speed walking, biking, swimming, dancing, or playing road hockey. Parents you may not realize it, but you play a huge role in helping your kids become more physically active.

So how do you get your kids to become more active? Here are 5 tips to get you and your little ones on the go regularly.

**1. Lead by Example.** If your kids see you being active and enjoying it, the more likely that they will want to join in the fun too. If kids are active when they are young, they are more likely to stay active in the future.

**2. Involve the Whole Family.** If your kids know that you enjoy going for walks or rollerblading why not do it together. Getting the family together and active is a great way to spend time together.

**3. Put a Focus on Fun.** There are a lot of activities that are fun, and get the family moving such as walking at the zoo, a nearby park, or playing mini golf.

**4. Household Chores.** Including the kids in everyday household chores counts as physical activity. Get them to water the plants, vacuum, clean windows, and sweep the floors.

**5. Have Limits.** Try putting a time limit on use of inactive items such as the computer, TV, and gaming systems. Why not try giving them a choice; ask them to choose which activity they would like to do that night, and put a 1 hour limit on it. It makes them feel involved in the decision making.

Try these ideas, and you'll be on your way to healthy activity for the whole family.

