



Make Physical Activity Fun

Encourage your family to increase daily physical activity and have fun at the same time. Here are some suggestions on how your family can add more active time to your busy schedule.

Make Time

- Make physical activity a priority. Choose at least three 30-minute time slots your family could use for physical activity each week and schedule that time for family activity. For example, on Saturday mornings, start the day by taking a walk with your family. During the week, encourage your family to be active together after dinner.
- Build physical activity into your everyday life. Walk or ride your bike to work, school, or a friend's house. When on the go, park farther away from your destination or take the stairs instead of the elevator. You can even burn extra calories doing yard and house work (raking leaves, washing the car, or cleaning closets).

Bring Others Into It

- Tell others about the health benefits of being physically active and invite them to join you. Plan birthday parties and family gatherings around physical activity and get everyone involved.
- Do something physically active with your kids each day. Take a walk, play tag, or simply dance around the house to your favorite tunes.
- Make new friends that share your interests. Sign up for a fitness program at your local recreation or community center and meet others with similar fitness goals.

Energize Yourself and Your Family

- Make family time physical activity time. Plan a weekend family tennis match or schedule weekly bike rides together.
- Challenge your family to be creative and find new ways to be physically active together. Encourage your family to try a new form of physical activity each week and work together to select the family favorites.
- Enroll family members in classes to develop new skills such as swimming, cycling, tennis, or soccer.

Stay Motivated

- Keep it fun and interesting. Borrow a yoga DVD from the local library or train for a local charity event.
- Meet a friend for workouts. Working out with a friend may help you stay on track and encourage you to challenge yourself.

Use Available Resources

- Select activities that require minimal facilities or equipment, such as walking, jogging, jumping rope, or stretching and strengthening movements.
- Look for free activities. Take your children to the park to play or walk around the track at your neighborhood school.
- Develop a set of regular activities for you and your family that are always available regardless of weather. Choose activities like group classes, indoor swimming, mall walking, or dancing.

Adapted from: "Overcoming Barriers to Physical Activity" Centers for Disease Control and Prevention's Division of Nutrition and Physical Activity.
<http://www.cdc.gov/physicalactivity/everyone/getactive/barriers.html>