



10 Tips for becoming more active with family

Let's get moving...

1. Set **specific activity times** that coincide with other family activities
2. Plan ahead and **track your progress** and let the kids help check items off
3. Include the kids in **chores in and around the house**, from vacuuming to gardening
4. Use **what's available**, such as walking, jogging, jumping rope, playing tag, dancing
5. Build **new skills** in sports or other activities
6. Plan for **all weather conditions**, like indoor walking or swimming when the weather doesn't cooperate
7. Remember to **turn off the television** and other screens
8. Start small by introducing **one new activity at a time**
9. Include **other friends and families**
10. Treat the family with **a reward**, like a trip to a park or zoo to celebrate your success