

Let's Move Family Activities

Kids should participate in physical activity for at least 60 minutes every day.

Tips to Get Moving

1. Pick an activity from the lists below to get your family moving.
2. Brainstorm ideas with your family and add them to the list.
3. Schedule your activities using the Let's Move Family Calendar.
4. Share your success! Tell a friend. Encourage the entire community by sharing your story on the Let's Move Facebook page.

Simple Steps

- Take the stairs instead of the elevator.
- Limit TV time and keep the TV out of your child's bedroom.
- Walk around the block after a meal.
- Make a new house rule: No sitting during television commercials.

Family Fun

- Spend time together with a family park day, swim day, or bike day.
- Involve the whole family in household chores: cleaning, vacuuming, and yard work.
- Issue a family challenge to see who can be the first to achieve a "Presidential Active Lifestyle Award" by committing to physical activity five days a week for six weeks.
- Celebrate special occasions – birthdays, anniversaries – with something active such as a hike, volleyball game, or a Frisbee match.

Active Schools and Communities

- Facilitate a safe walk to and from school for the kids in your neighborhood once a week.
- Encourage schools to hold noon recess prior to lunch to encourage physical activity before mealtime.
- Volunteer to help with after-school physical activity programs or sports teams.

What are your goals?

List your goals below.

Example: Jump rope for 5 minutes