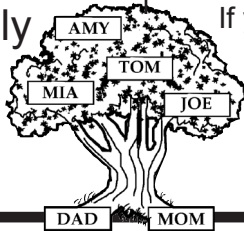


A Plan for Family Physical Activity

Being physically active as a family is fun. It's a great way to make lasting memories and build positive relationships. Plus, being active has great health benefits!

Make physical activity a part of your family schedule every day if you can. It will impact the health of each family member for a lifetime!



Health Benefits of Regular Physical Activity

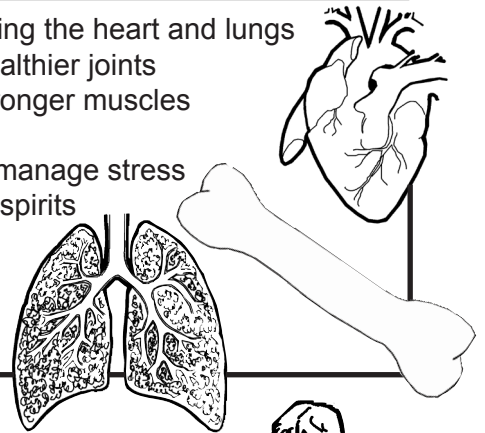
Reduce the risk of:

- heart disease
- high blood pressure
- stroke
- colon cancer
- diabetes

If your family has a history of these conditions, it is even more important to be physically active.

Increase your health and well-being by:

- strengthening the heart and lungs
- building healthier joints
- building stronger muscles and bones
- helping to manage stress
- lifting your spirits

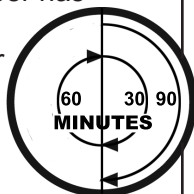


Create a Plan

As a family, list physical activities you enjoy. You may not always agree on what is enjoyable, but it's likely there will be some activities you can enjoy together. Use the calendar on the back of this page to plan times to be active as a family.

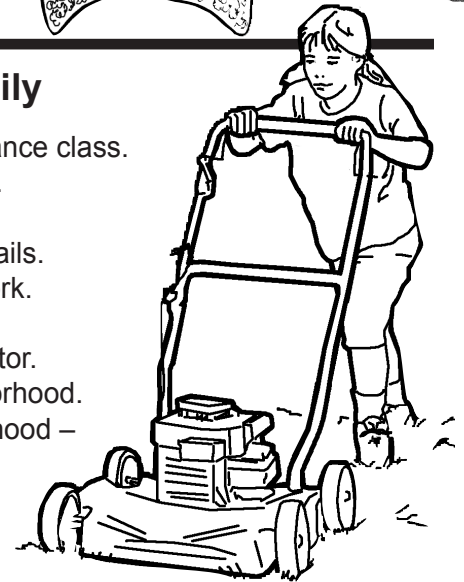
Set a Goal

Children should be active 60 minutes each day. Adults should aim for 30 minutes to get health benefits and 60-90 minutes to lose weight. Using different colored pens, have each family member add personal or team sports or practices to the calendar. See if each family member has met his or her goal. If not, work together to find ways to increase the number of minutes.



Ideas to Consider as a Family

- Take an in-line skating class or a dance class.
- Walk to the store, instead of driving.
- Offer to walk the neighbor's dog.
- Visit a park with hiking or walking trails.
- Mow the lawn and do other yard work.
- Shovel the snow.
- Take the stairs, instead of the elevator.
- Ride a bike ride around the neighborhood.
- Set up relay races for the neighborhood – adults and youth.
- Sign up for a fun walk/run.
- Go to the school gym or swimming pool during open hours.
- Encourage neighborhood games, such as tag or hide and seek.



Get Around the Obstacles

- Many people love television, movies, video games, and computers. But these activities are not physically active. Set a daily two-hour time limit on these activities for your family.
- Break the habit of spending lots of time doing things where you are not being active. Increase the time you are physically active as a family.
- Sunshine and warm weather make it easier to be active outdoors. When the weather doesn't cooperate, find ways to be active indoors. Go to an ice-rink or in-line skating rink. Go to the library and check out a video tape on yoga, kickboxing, or karate. Walk at the mall.

Our Family Plan for Physical Activity

Directions: Plan times for your family to be physically active together. Note the day, activity, and the number of minutes you plan to do the activity. Find different colored pens so each person can write his or her activities on the same calendar.



AIM FOR THE GOAL

Youth:

60 minutes each day

Adults:

30 minutes each day or 60 to 90 minutes if weight loss is desired



Sunday	
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	

Need More Information?

Visit the U.S. Department of Health and Human Services, National Heart, Lung, and Blood Institute website.
www.nhlbi.nih.gov/health/public/heart/obesity/wecan/

Take the President's Challenge! www.presidentschallenge.org/

