

Fit Families At Home

 **Healthy Kids
Healthy Weight**



Families can do a lot to help kids be active. Regular physical activity can help reduce the risk of heart

disease, high blood pressure, stroke, colon cancer and diabetes for every family member. Regular physical activity also strengthens the heart and lungs, builds healthier joints and stronger muscles. By setting a good example and getting involved in physical activity, families can make an impact that will last a lifetime!

At Home → Move More Each Day:

- Join your child in playing catch, jumping rope or playing hopscotch.
- Try a new activity together! How about line dancing, in-line skating, golfing or doing a "fun walk/run" as a family?
- Walk to the store or playground instead of driving.
- Visit a local park or trail - take a family walk, hike, or bike ride. Don't forget to wear your helmets.
- Park the car farther away from the door at school, work or when running errands.
- Encourage after-school neighborhood games like basketball, softball, kickball, football, and soccer.
- Chores count as activity too! Mow the lawn, shovel the walk, vacuum the carpet, or rake the leaves to get the heart pumping.
- Promote healthy outdoor activities like tag, hide and seek, walking the dog, nature walks, ice skating or making snowmen.



Helpful Hints:

- Use a family bike ride or gift certificate to a sporting goods store as the reward for good behavior or special achievement.
- Purchase birthday or holiday gifts that promote physical activity.

Sit Less Each Day!

Set a daily limit of two hours maximum on the amount of time your kids spend:

- Watching TV, movies or videos;
- Using the computer; and
- Playing video games.



Encourage activities that require movement as often as possible.

Take the TV out of your child's bedroom and encourage him/her to be active with the entire family.

Is the weather slowing down your physical activity?

- Dance with your child to songs with a good beat. Teach him or her some "moves" from your childhood.
- Build an obstacle course or treasure hunt in the basement.
- Find out if a school nearby has "open gym" and take the family.
- Bundle up and go sledding or cross country skiing.
- Organize a neighborhood hockey team.
- Spend some time at an ice rink or roller-skating rink.
- Visit your school or community indoor pool.
- Learn something new with your child! Go to the library and check out a videotape on a new activity like yoga, kickboxing, or karate.

Michigan Department
of Community Health



Michigan Department of Community Health and Michigan Department of Education would like to thank the organizations that participated in the development and critical review of this booklet.

Family Independence Agency
Michigan Academy of Family Physicians
Michigan Action For Healthy Kids
Michigan Association of Pediatric Nurse Practitioners
Michigan Association of School Nurses
Michigan Chapter, American Academy of Pediatrics
Michigan Dietetic Association
Michigan Nurses Association
Michigan Osteopathic Association
Michigan State Medical Society
Michigan State University Extension
Michigan State University, Department of Pediatrics and Human Development
Michigan Team Nutrition
United Dairy Industry of Michigan

MDCH Contact Information

Michigan Department of Community Health
Division of Chronic Disease and Injury Control
Cardiovascular Health, Nutrition and Physical Activity Section
P.O. Box 30195
Lansing, Michigan 48909
Phone: 517-335-9595
Web: www.michigan.gov/cvh



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MDE Contact Information

Michigan Department of Education
Office of School Support Services
Coordinated School Health and Safety Programs
P.O. Box 30008
Lansing, Michigan 48909
Phone: 517-241-4284
Web: www.michigan.gov/mde

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