Be Active as a Family

By Julie Engberg, RD

Turn off the TV, computer, and video games and turn on the family fun!

- Play "hide-and-seek"
- Dance together to music
- Jump rope together
- Play catch with a beach ball, sock ball, or yarn ball
- Go for a bike ride together
- Play tag and hug your child when you catch her/him
- Take a walk or hike
- Go swimming
- Bubbles- jump to pop the bubbles

You can also use regular household items to create props for playtime.

- Yarn: make yarn balls
- Sponge balls: cut synthetic sponges into strips and tie together in center
- Milk Jugs: cut out the bottom of 1 gallon milk jugs and use as a catcher
- Newspapers: crumpled up as balls for a toss game
- Old socks: bundle old socks up like balls and use it to toss
- Chalk: hopscotch
- Chairs: musical chairs
- Create an obstacle course indoors or out

Remember the reasons to BE ACTIVE as a family!

Better Breathing
Eye/hand coordination
A way to build strong bones
Control weight and stress
To reduce health problems
Improve self-esteem
Very fun
Energizing

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