

Be Active as a Family

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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

