

Make Physical Activity a Part of Your Family's Routine

Have your family establish goals that everyone can achieve together. In the first few weeks, you may not achieve every goal, but if you stick with it, physical activity will become a part of your family's routine.

Play!

- Fly a kite
- Splash in a puddle
- Play catch
- Dance to your favorite music
- Add your own _____

Clean!

Involve the whole family in household chores

- Cleaning
- Vacuuming
- Yard work

Go!

Select activities that are easy to do anywhere

- Take a walk
- Go for a run
- Jump rope
- Bike to the library together
- Dance or move during commercial breaks
- Go up hills instead of around them
- Take the stairs instead of the elevator



Celebrate!

Celebrate special occasions by doing something active

- Hike
- Play volleyball
- Toss a Frisbee

Walk!

- Train together for a charity walk or run
- Park further away
- Walk instead of drive
- Walk your children to school
- Take a family walk after dinner

Healthy Family Calendar

Name _____

Date _____



– physical activity



– healthy food

Day of the Week	Type of Activity	What Time of Day	Who Participates	Did we do it?
<i>For Example</i> Monday	 Walk 15 minutes Eat 1 fruit	7 am & 5 pm	Mom and Eric Mom and Marnie	★ ★
Monday	 			
Tuesday	 			
Wednesday	 			
Thursday	 			
Friday	 			
Saturday	 			
Sunday	 			

How many stars did you give yourself?