Kids need at least 60 minutes of physical activity each day.

Make family time active time!

• Take a family walk after dinner.
• Go on a bike ride.
• Play together — toss a ball, shoot some hoops, jump rope, play tag.
• Weed the garden, rake leaves, shovel snow.
• Walk to school with your kids.
• Play on a playground or hike at a local park.

Fun ways to get moving indoors...

• Play some music and have a family dance party.
• Blow up balloons and play indoor volleyball.
• Go bowling or indoor skating.
• Have a treasure hunt. See how fast everyone can find clues scattered around your home.
• Walk in the mall.

Sip smarter

• Drink water instead of sugary drinks. Kids can fill up on sweetened drinks and not have an appetite for foods they need for growth and health.
• A cold glass of low-fat (1%) milk is also a tasty way to quench your kids’ thirst after play or school.

Did you know...

There are about 10 packets of sugar in a 12-ounce can of soda? Fruit drinks and sports drinks are other types of sugary drinks.