

## **Family Fitness for Better Health**

Studies show that physically fit students feel better and learn better at school. That's why we encourage families to make physical activity a part of their daily lives. Doing so doesn't have to take a lot of time or money – and it's great for parents, too! Here are some easy, inexpensive ways your family can get regular physical activity to help your kids stay healthy and be successful.

### **Set aside activity time.**

A little planning can make finding time for fitness easier. Each week, set aside specific times for your family to be active together – whether by walking the dog, shooting baskets, playing touch football, throwing a Frisbee, or taking a walk in a local park.

### **Take advantage of neighborhood programs.**

Community centers, Boys' and Girls' Clubs, YMCAs, religious organizations, and other neighborhood groups often sponsor fun, low-cost physical activities and team sports. Look into these options for your family.

### **Encourage new activities.**

Try new activities with your kids from time to time. Let your kids know that if they don't do well the first time they try something new, you'll help them develop the skills they need to succeed at it. Show them that practice and persistence pay off.

### **Be a positive role model.**

Exercise regularly with your kids or on your own so that they see that fitness is important to you, too. Don't sit on the sidelines – take part!

### **Keep a family activity log.**

A daily activity log can encourage family members to meet their fitness goals. One fun way to do this is to sign up for a new program called the President's Challenge. Kids who show they're active for 60 minutes a day, 5 days a week can earn the Presidential Active Lifestyle Award. Adults can qualify with just 30 minutes a day, 5 days a week. To learn more about this program, visit [www.presidentschallenge.org](http://www.presidentschallenge.org).