



Being Active: Be active and have fun

If your family does not want to be active:

- Tell them physical activity will help make their bodies strong and healthy.
- Lead by example. When they see you having fun, they will want to join in.
- Tell them being active will give them more energy.
- Ask them to try it for two or three weeks and see how they feel.
- Have children choose fun ways to get moving.

Here are some tips to fit physical activity into a busy week and make it fun!

Tip 1: Find the best times to be active

- Keep track of how your family spends their time for one week.
- Find two 30-minute time slots when your family could fit in physical activity.
- Choose times when the family is usually together to try an activity.
- Choose times when they usually have a lot of energy.

Tip 2: Start small - Which of these activities will work for your family?

- Taking a walk or play tag with the children.
- Walking to work, school, or a friend's house.
- Using chores to move more; which chores can burn calories, vacuum, rake leaves, or wash the car.
- Ask the family to add their own ideas.

Tip 3: Start with what you know - Do things you know how to do to begin with

- Riding a bike or dancing.
- Choose activities that don't need any costly sports gear like jogging, doing pushups, or tossing a ball.
- Get active at home, in the neighbourhood, or in the park.
- Try active video games, where children can dance or run in place.

Tip 4: Be active together

- Play with your child or let them join you for an exercise video or fitness game. Teach them a skill or game.
- Set up a birthday party or other social event that gets people moving, like dancing or having a jump rope contest.
- Encourage physical activity with friends.
- Sign up to an activity class together

Encourage children to try new things 'I haven't done this before, so I will'

Adapted from We Can- Ways to enhance children's activity and nutrition <http://wecan.nhlbi.nih.gov>