



Make Fitness Fun for Your Whole Family

If you want your child to be more active, you can't just talk the talk.

You need to walk the walk. Studies show that children are more likely to exercise if their family and friends are interested in physical activity.

Exercise as a family to make fitness fun and ensure that everyone is getting the level of activity they need. Children ages 6 to 17 should get at least an hour of physical activity every day. Adults require about half that.

The benefits of exercise go beyond maintaining a healthy weight. Active children are generally more confident, and they are more likely to be successful both in daily schoolwork and on standardized tests.

Here are some activities for the whole family to try:



Bike or walk to a neighborhood park. If you're walking, take the dog with you.



Teach your kids jump rope games you remember from your youth.



Go outside for a scavenger hunt for natural objects such as leaves of different colors or stones of various shapes.