



## Tips for Families

### Health and Fitness - A Family Affair

Help your kids to discover the joy of physical activity. School age is the perfect time for them to learn about their bodies, healthy food, and the importance of physical activity. Making physical fitness fun and available is key to helping them develop lifelong healthy habits.

Kids tend to be more active when parents are. So get the whole family on the move this year with simple things everyone LIKES to do. Make it fun!

For more family activity ideas, visit [www.playeveryday.alaska.gov](http://www.playeveryday.alaska.gov) and our family resources page <http://healthyfuturesak.org/the-challenge/family-resources/>

### Helpful Hints for Healthy Futures

- Encourage children to get at least 60 minutes of moderate-to-vigorous physical activity per day.
- Limit non-academic screen time, TV and video game time.
- Plan family time that includes fun physical activities like walking or biking.
- Include physical activity in family events, such as birthday parties, picnics and vacations (Red Rover, for example).
- Bring kids to fun community youth recreation events, which focus on participation rather than winning. Check out [www.healthyfuturesak.org](http://www.healthyfuturesak.org). Invite the neighbor kids!
- Take nature walks to find and discuss the many different leaves, plants, and creatures.
- Park further away and take the stairs. Every step counts.
- Give gifts that encourage physical activity, such as sports equipment and lessons or passes.
- Support youth sports programs and extracurricular activities at school, community centers and events.
- Cheer your children on and congratulate them no matter what the outcome.
- All active kids need is water and a healthy snack.