

family fitness and health

With so many digital distractions, it can be hard to stay active, let alone get the entire family involved. If you are looking to get your family active, try some of these tips to get your body moving and the blood pumping.

Swap Out Screentime

Pick a set time to swap out your screen time for the whole family. Turn off the television, games, and work devices, and use that time to get outside for a walk, ride bikes, or play a game of tag. Designating a time to turn off electronics will motivate your family to fill their free time with other activities. Have a list ready with alternative activities to make the transition easier.



Model Healthy Eating

The best way to help the whole family consume a balanced diet is to eat home-cooked meals together without distractions. Get the whole family involved in the menu planning, food preparations, and table settings. When kids are curious, interested, and invested



in what's being made for a meal there may be fewer last-minute changeups. This may take time to get into a good routine, but consistency is key. Try pairing new foods with ones they already enjoy and make mealtime about connecting with the family. Keep modeling healthy eating behaviors as your whole family will begin to enjoy the time with one another and trying new things.

Move Together

There are many ways to get your kids moving. Provide them with equipment and safety gear that promotes activity, such as balls, racquets, jump ropes, skates, scooters, and bikes. Sometimes, giving your kids the means to be active is all the encouragement they need.

Signing up for sports, martial arts, or dance classes is another easy route to exercise. When in doubt, get the whole family out together for an activity.

A Family Matter

Get the whole family involved in movement and exercise. Whether it's taking a class together or doing jumping jacks during commercial breaks, it's easy to find activities you can do together. Take a walk after dinner, go bowling or mini-golfing, or tackle a project around the house. Anything that gets the body moving and can be combined with quality time makes for a great family activity.



60 minutes. Children 6 to 17 years should participate in an hour or more of moderate-to-vigorous intensity physical activity every day of the week.

They recommend that includes **3 activities:**
aerobic, muscle-strengthening, and bone-strengthening.

