

Tips for Raising Active Healthy & Fit Kids

Children need to be active for 60 minutes on most days of the week to maintain good health and fitness. Activity can be accumulated throughout the day. Even blocks of time as short as 15 minutes or more can count towards kids' daily activity goal.

Here are some FUN ways for kids to stay active & fit!

Have fun! Show children how much fun it is to be active

Run like a gorilla.

Walk like a spider.

Hop like a bunny.

Stretch like a cat.

Have family contests: who can jump rope the longest?

Wheel barrel races

Potato sack races

Use parties as an opportunity to promote activity:

Ice skating party

Bowling party

Touch football party

Get up early with your children to walk the dog

Do jumping jacks together after dinner

Take a family walk after dinner

Go on a family bike ride through the neighborhood

Create sidewalk art with chalk and play hopscotch

Fly a kite on a grassy field or beach

Enjoy a playground at a school or a park

Play Duck, Duck, Goose or London Bridge

Sledding

Bowling

Tag

Hiking

Visit a swimming park

Batting cages

Miniature golf

