

# Kids need at least 60 minutes of physical activity each day.

## Make family time active time!

- Take a family walk after dinner.
- Go on a bike ride.
- Play together — toss a ball, shoot some hoops, jump rope, play tag.
- Weed the garden, rake leaves, shovel snow.
- Walk to school with your kids.
- Play on a playground or hike at a local park.

## Fun ways to get moving indoors...

- Play some music and have a family dance party.
- Blow up balloons and play indoor volleyball.
- Go bowling or indoor skating.
- Have a treasure hunt. See how fast everyone can find clues scattered around your home.
- Walk in the mall.

## Sip smarter

- Drink water instead of sugary drinks. Kids can fill up on sweetened drinks and not have an appetite for foods they need for growth and health.
- A cold glass of low-fat (1%) milk is also a tasty way to quench your kids' thirst after play or school.



## Did you know...

There are about 10 packets of sugar in a 12-ounce can of soda? Fruit drinks and sports drinks are other types of sugary drinks.

