

Active Lifestyles

5 Fun Ways To

Get Kids Moving Without Spending A Lot

Going Green:
Simple Steps for
N.C. Families

These active lifestyle tips can help you save money, get strong and reduce waste all at the same time. They will get everyone in your family moving and having fun. And, they are easy on the family budget.

Re-schedule your family calendar

- ▶ Start with a simple check of your daily and weekly calendars. Look at your budget too. Does your schedule feel too busy? Is it stressing you out? Are you spending enough quality time together as a family? Do you eat dinner together? Do you play together? Are you driving around too much and not getting enough physical activity? Do you need to cut down on some expenses?

Re-think screen time in your home

- ▶ Entertainment screens (TV/DVD/computer/video game) use lots of electricity. Turning off screens saves energy and helps kids be healthier and better behaved. Doctors recommend no screen-time for children under two. For older kids, it's less than two hours a day. Turning off screens gives your family time to be active and have fun. Try playing ball or dancing to silly music.

Re-imagine toys for tots

- ▶ Small children like to play with almost anything. In fact, old stuff is often better than fancy new toys. Reuse kitchen containers like cereal boxes, margarine tubs and plastic bottles. Toddlers will have hours of fun. And, that means less trash in your landfill, too. Fill containers with crumpled newspapers for stacking or with dried beans for making music. Tape the lids on tight and let the fun begin!

Re-define how children get to school

- ▶ For strong bodies, smart brains and best behavior, children need at least 60 minutes of physical activity a day. Walking or biking to school saves money, reduces pollution and gets kids moving. Walk or bike with your kids. You won't need to go to the gym! Make smart use of walk-to-school time by practicing spelling words or learning new songs.

Re-discover the joy of family time

- ▶ Children get more than a healthy body from family play time. They enjoy security and stability. They learn lifelong values, like hard work, fair play and giving everyone a turn. Need some sports equipment or bikes for your family activities? No need to pay brand new prices. Check out garage sales, thrift stores (Goodwill®, etc.), online deals and sports equipment swaps for gently-used items.