

5 fun ways to

# Create a Family Physical Activity Plan

Summer is a great time to get on a path to better health – and a better attitude! A family activity plan can help. The National Physical Activity Plan was launched in May 2010. The goal is for all of us to enjoy the physical and mental benefits of daily activity. Here's what your family can do.

## 1. Set some screen time limits.

There's a simple way to deal with screen time (TV, DVDs, computers, and video games). Move more and watch less! The change may be a little rough, but most families are happier and healthier when they pull the plug or cut back. The American Academy of Pediatrics says no screen time under two years of age, none in the bedroom and no more than one to two hours total per day.



## 2. Make a list of easy, everyday activities.

It can be hard to get some kids (and adults!) off the couch. So make a long list of fun things to do. Pick activities that are close by, free or don't cost a lot, and easy to do as a family. They can be in your own backyard, around the neighborhood or at a park. Put the list where you can see it – like on the fridge. Add more activities as you think of them.



## 3. Get equipped for active family fun.

Easy-to-use equipment is another great way to have fun while being active. You don't have to buy brand-new stuff that costs a lot. Check out the options at thrift stores and yard sales. You may find balls, Frisbees® or soft spongy stuff (like Nerf® and Koosh®) to throw around. Look for hula hoops and have a contest. Or, run around sprinkler toys for cool summer fun.

## 4. Schedule time for weekend activity.

Chores and errands can quickly fill up your weekend. So make plans for fun activity. Use a family dinner in the middle of the week to talk about the options. A hike in the mountains? A bike trip on the new trails in town? A little canoeing and fishing at the lake? A family treasure hunt? What else can you fit in early on a hot summer day?

## 5. Plan an active vacation.

Your family vacation or stay-cation is a chance to enjoy physical activity. It's easy on a backpacking or camping trip. It can also be lots of fun if you are visiting relatives or touring a city. Just plan ahead. Check out the activity options online or in a guidebook. Make active fun a family priority every day.