

Fun Family Activities

for Healthy Lifestyles

As parents it is our job to help our kids build a foundation for an active lifestyle. According to the Centers for Disease Control (CDC), children (ages 6+) and teenagers need 60 minutes of moderate to vigorous physical activity every day. 60 minutes might sound like a lot but remember that small amounts of activity throughout the day can add up. Small changes add up to big rewards!



Try out these fun activities the whole family can enjoy together.



When playing with toys, choose wisely

Choose toys that encourage physical activity such as balls, kites, hula hoops, Frisbees, and jump ropes.

Explore the outdoors

There are many things to discover when you're outdoors, so take a walk through a nature trail, ride a bicycle path or walk the dog.

Limit screen time

It is recommended that children be limited to 1-2 hours of screen time per day. It also helps to keep the television and electronic media out of your child's bedroom.

Schedule family/active playtime

Go ahead and get creative! Have a dance party or arrange an indoor scavenger hunt.



Set the example

Modeling healthy behaviors and an active lifestyle will help encourage children to form healthy habits of their own.

For more ways to encourage physical activity,

visit the CDC website at [cdc.gov/physicalactivity/basics/adding-pa/activities-children.html](https://www.cdc.gov/physicalactivity/basics/adding-pa/activities-children.html)

Let your whole family help out with chores

When it comes to doing chores make sure to get the whole family involved. Have the kids help with cleaning, vacuuming or yard work.



Make the activity fun!

Plant a vegetable or fruit garden

Planting a garden will teach kids about the food system and how healthy foods help our bodies grow. And of course, sampling the harvest is the fun part and will also help encourage healthy eating habits.



Remember, no matter what activity you choose to do together to stay active, have fun with it!

If you would like to learn more about healthy eating habits, contact us at memberhealth@regalmed.com or visit [HealthyWayEvents.com](https://www.healthywayevents.com).

Sources: <https://www.cdc.gov/physicalactivity/basics/children/index.htm>, <https://www.cdc.gov/physicalactivity/basics/pdfs/FrameworkGraphicV9.pdf>, <https://www.heart.org/en/healthy-living/fitness/getting-active/how-to-get-your-family-active>, https://www2.heart.org/site/DocServer/KHC_25_Ways_to_Get_Moving_at_home.pdf

