



Tips for Helping Children Become More Physically Active

Parents, guardians and child care providers have a big impact on the activity level of a normal child. **Healthy Kids Meal & Motion Markers™** can be a fun way to provide the motivation to be more active as long as there is positive feedback. Rather than criticizing your child for not being active enough, recognize and praise him/her for whatever activities he/she is already doing. If he/she feels praised, an increased activity level is likely to follow. Here are some specific ideas to encourage your child to be more active:

•➤ Limit the TV, computer, and video games.

- Offer more active alternatives like playing outside, swimming, having a friend over to play an active game or playing on a sports team.
- The American Pediatric Association recommends no more than two hours per day be spent on television, video or computer games.

•➤ Make activities fun and involve the whole family.

- Play ball, ride bikes or go for a walk or hike with the family at a designated time each day or week.

•➤ Be a physically active role model.

- If children see the adults in their lives being active and having fun, they are more likely to become active themselves.

•➤ Encourage participation in a variety of different activities.

- Placing a number of different Motion Photo Cling Markers™ on the daily chart each day can be fun and can encourage your child to be more active.

•➤ Don't overemphasize the exact amount of time your child spends in physical activity.

- While the USDA recommends that children spend 60 minutes per day in physical activity, it should be considered as a general guideline, not as a requirement.
- Gently push your child with a positive attitude if you find he/she is consistently falling well short of the 60 minute guideline.