Tips For Increasing Physical Activity

1. **Limit screen time.**
   Limit your child’s daily screen time to two hours. Encourage them to go outside and ride their bike, visit the local park or join a sports team.

2. **Start at an early age**
   It is important to make physical activity fun at an early age! Start by offering opportunities to play outside with jump ropes, baseballs, and hula hoops.

3. **Involve the family**
   Find outdoor activities that can involve the entire family such as walking around the neighborhood, playing catch, or riding bikes. Be a healthy role model to your child!

4. **Join a sports team**
   If your child enjoys sports, sign him/her up to join a sports team. Let your child choose from the many different sports including swimming, baseball, soccer, and tennis.

5. **Make an exercise goal**
   Set an exercise goal with your child that is achievable and fun. Examples include: exercising for 60 minutes a day, choosing the stairs over the elevator and taking a family walk before or after dinner.

6. **Take breaks**
   Instead of your child unwinding from school by watching TV, encourage your child to dance, run, play basketball, or ride bikes.

7. **Get plenty of sleep**
   Make sure your child is getting enough sleep each night. Aim for your child to get at least 9 to 10 hours of sleep each night. Lack of sleep can make your child unable to focus in school and less willing to exercise.

8. **Be a role model**
   Set a good example for your child by making healthier food choices in the home and taking time to be physically active.

9. **Change up your routine**
   Take your dog on a longer walk, use the stairs instead of the elevator, and try fitting in a 30-minute walk in the morning or evening.

10. **Involve other parents**
    Organize an outing with other kids in your child’s class to play at the park or participate in a sports activity. Including friends will make being physically active more fun!

Adapted from www.choosemyplate.gov