

## Let's move

Tis the season to—get active.

Here are a few activities and steps suggested by the government's Let's Move initiative for active families:

- Give children toys that encourage physical activity such as balls, kites, and jump ropes.
- Encourage children to join a sports team or try a new physical activity.
- Limit TV time and keep the TV out of a child's bedroom.
- Enable a safe walk to and from school a few times a week.
- Walk around the block after a meal.
- Make a new house rule: no sitting still during TV commercials.
- Find time to spend together doing a fun activity: family park day, swim day, or bike day.
- Issue a family challenge to see who can be the first to achieve a physical activity goal.
- Encourage schools to hold recess before lunch to increase physical activity before mealtime.
- Volunteer to help with after-school physical activity programs or sports teams.