



CHL Tips for Increasing Physical Activity

The CHL program partners with community members and organizations to make deliberate choices that lead to healthier children. This tip or coaching sheet will assist you in achieving a positive change in the life of your child. Give the following tips a try and stay with them throughout your child's life!

Increase family physical activity

- Set a positive example by leading an active lifestyle yourself.
- Make physical activity part of your family's day by taking family walks or playing active games.
- Take kids to places where they can be active, such as parks, baseball fields or basketball courts.
- Be positive about your child's physical activities and encourage their interest in new activities.
- Make physical activity fun. Do things your child enjoys, such as walking, running, skating, bicycling, swimming, playground activities or free-time play.
- Replace computer and TV time with active time, encourage your child to find fun activities to do on their own or with friends and family, such as walking, playing chase or riding bikes.



Be active, move more

Children: 1 hour everyday at moderate or vigorous levels
Adults: Half an hour everyday at moderate levels

Walk whenever possible

- Walk instead of drive, whenever you can.
- Walk your children to school.
- Take the stairs instead of the escalator or elevator.
- Go for a half-hour walk instead of watching TV.
- Get off the bus a stop early, and walk.
- Park farther from the store and walk.
- Make a Saturday morning walk a family habit.
- Take the dog on longer walks.
- Go up hills instead of around them.

Move more at home

- Garden, or make home repairs.
- Involve your children in raking, weeding, or planting.
- Involve your children in active chores around the house.
- Wash the car by hand.

Live actively

- Join an exercise group, and enroll your children in community sports teams or lessons.
- Do sit-ups in front of the TV.
- Choose an activity that fits into your daily life/lives.
- Use an exercise video if the weather is bad.

- Play with your kids at least 30 minutes a day.
- Dance to music with your kids.
- Choose activities you enjoy. Ask kids what activities they

want to do.

- Explore new physical activities.
- Give yourself non-food related rewards, such as a family day at the park, lake, or zoo.
- Swim with your kids.

Tip sheet sources and additional resources

- National Heart Lung and Blood Institute, National Institute of Health, U. S Department of Health and Human Services
<http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/get-active/getting-active.htm>
- Division of Nutrition, Physical Activity, and Obesity, National Center for Chronic Disease Prevention and Health Promotion
<http://www.cdc.gov/physicalactivity/everyone/getactive/children.html>

Tip sheet developed by

Huizhong Wang, Graduate Assistant, CHL Program.
(v1. 1/2013)

For more information about the CHL program, contact:
Northern Marianas College
Cooperative Research, Extension and Education Service
Dr. Jang Ho Kim | 670.237.6845 | jang.kim@marianas.edu

www.CHL-Pacific.org



United States Department of Agriculture
National Institute of Food and Agriculture