

## 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 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 activities and encourage their interest in new ones.
- Make physical activity fun. Do things your child enjoys, such as walking, running, bicycling, swimming, playground activities or free-time play.
- Replace computer and TV time with active time.

#### 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 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.

### Move more at home

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

### Live actively

- Join an exercise group, and enroll your children in community sports teams, or lessons, or camps.
- Do sit-ups in front of the TV.
- 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 and your kids enjoy.
  - Swim with your kids.
  - Explore new physical activities.
  - Give yourself non-food related rewards, such as a family day at the park, lake, or zoo.

### 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  
[www.cdc.gov/physicalactivity/everyone/getactive/children.html](http://www.cdc.gov/physicalactivity/everyone/getactive/children.html)

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