

TOP 10 WAYS TO KEEP YOUR KIDS PHYSICALLY ACTIVE & FIT...

Without them knowing it!

1. **Introduce your kids to new activities:** Whether it's the X Games, hiking, ice hockey, a surfing competition, bicycling, or something else, introduce your kids to as many different activities as possible and then support them in whatever they show interest. Do not compare them to others; instead, applaud their best efforts.
2. **Lead by example:** As a parent, show interest in physical activity, and your kids will likely follow suit.
3. **Coach or actively participate:** Whether your kids surf, play soccer, or skateboard, learn about their activities and offer to be an assistant coach, driver, or even team parent.
4. **Get your kids outside:** Make an excuse to get your kids outside. Encourage them to ride a bike, build a fort, shoot some hoops, play at a park, or just go for a walk. But, get your kids outside.
5. **Get an active family pet:** Playing fetch with a dog is a great way to be active without even realizing it.
6. **Plan outdoor family activities:** Host birthday parties at parks, go to a playground to throw a Frisbee, take your kids camping, go for family bike rides, go to the beach/lake, and so on.
7. **Provide healthy meals and snacks:** Whether it's turkey breast with low fat cheese on whole wheat bread for their lunchtime sandwich or cheerios instead of cocoa puffs for breakfast, make sure your kids eat healthy.
8. **Limit your child's computer and TV time:** Computers and televisions are here to stay. And they are both great sources of information and entertainment. But too much time at either limits the amount of time your child has left for physical activity. So limit your child's access to sedentary pursuits while encouraging physical activity.
9. **Provide instruction in physical activities in which your child shows interest :** Children are often self-conscious, particularly when they feel they can't or don't measure up. So while a child might be interested in a particular sport or activity, feeling like he or she isn't as good at it as their peers often holds a child back. Often all it takes is a couple of lessons to get them out there playing a sport, participating on a team, or trying a new activity – with confidence.
10. **Be enthusiastic about your child's chosen activities:** Especially when we are kids, our parents are our most influential fans. Whether they are learning to ride a bike, playing on a baseball team, or competing in a dance competition, be there to cheer your child on.

Bonus: Work to get physical education back into the education system. And in between, support after-school activities that involve physical activity in your school district.

Note: Teach children early the relationship between physical and emotional well-being. It is never too early for them to learn – and to benefit from the results!