

WALK, DANCE, PLAY... *Be Active Every Day!*

Active living helps your family enjoy life!

Moving more boosts energy and promotes sound sleep.

It's a lifelong way for you and your child to stay healthy and keep a healthy weight.

**In fact, active living lowers the chances of obesity, diabetes, and heart disease –
for you and your child.**

How can you raise an active child?

Get moving yourself!

Children often inherit their family's lifestyle. If you do active things, chances are your child will, too. Adults set the tone for active living in the family.

Do more than watch. Play!

Let yourself feel young enough to play, especially with your child. Playing is okay at any age! If you forgot how, your child can show you. Your involvement and enthusiasm support your child's play.

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Adapted from Nibbles for Health: Nutrition Newsletters for Parents of Young Children, USDA, Food and Nutrition Service



We Can Move More!

Try these everyday ways to get your family moving! *Jot down ideas that fit your family, too.*

- ✓ Walk to the playground, store, or a friend's home.
- ✓ Use stairs when you can.
- ✓ Wash the car – or the dog.
- ✓ Wash, sweep, or vacuum floors.
- ✓ Pick flowers or vegetables. Dig weeds.
- ✓ Park at the far end of the lot, so you all get to walk.
- ✓ Help an older neighbor or relative with these tasks.

Your family's ideas: