

Let's **MOVE** ... Warm Weather Fun!

Warm weather is here, so let's play outside together!

You don't need to spend money to fit active fun into your family's life.

Try to move for at least 60 minutes on most days. Your child needs to move more than 60 minutes on most days. You'll both feel good!

Check (✓) some active ways your family might have fun. Jot down their ideas, too.



Get Moving **OUTDOORS!**

- Create sidewalk art.** Use colored chalk, or "paint" with water and brushes.
- Play hopscotch.** Draw a hopscotch game on the sidewalk. Young children can jump from square to square. Older kids -and you- can hop, stoop, and bend!
- Create a parade!** Dress up kids, adults, and pets. Decorate wagons, tricycles, bikes, and strollers.
- Visit a farmer's market.** Walk and talk about the foods. Buy something to prepare and eat at home.
- Splash:** In a pool, lake, or slow, clean stream.
- Fly a kite or blow bubbles.** Safely follow, wherever they go!
- Visit a petting farm.**
- Enjoy a playground.**
- List your family's ideas here:**

Walk, Dance, Play... Be Active Every Day!

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