

Move as a Family!

Check out these tips to get your family moving more and sitting less!

- 1 Limit Screen Time**
Be active with friends and family by limiting the amount of time spent watching TV or playing video games. Instead, play outside, ride bikes or go for a walk.
- 2 Encouragement**
Encourage participation in sports and any physical activities like jogging, hiking and swimming.
- 3 Develop A Routine**
Integrate physical activity into your daily routine. Take a walk after dinner or do yard work as a family. On vacation or when visiting relatives, get active by hiking, playing outside games, or playing a sport.

How To Limit Screen Time

- ✓ Do a short activity like jumping jacks or push-ups every commercial break.
- ✓ Turn off the TV during mealtime and homework time.
- ✓ Only have TVs in common areas like the living room instead of in bedrooms.
- ✓ If using electronics, choose to play games that get you up and moving.

Family Challenges

The Fitness Portfolio gives you and your family the knowledge and skills necessary to evaluate current fitness levels. In addition, you can set goals and create plans for improvement based on individual needs and measure progress along the way. To access and download the portfolio, visit HealthMPowers.org/fitnessportfolio and use the hashtag #HealthMPowersFitFolio on Instagram to show your progress.

Visit HealthMPowers.org/services/resources/ to access physical activity resources that include virtual lessons, videos and activities that you can do with your family at home.

