



Cooperative Extension Service

Los Alamos County

Rio Arriba County

Santa Fe County

JUST BE IT!
Healthy and Fit



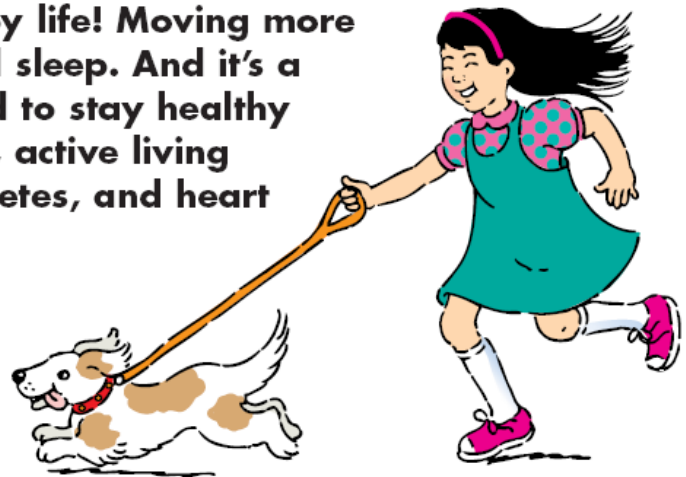
Active Living For Families

Active living helps your family enjoy life! Moving more boosts energy and promotes sound sleep. And 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.

Fit activity in your family life. You don’t need to spend extra money, or even get involved in sports. You can all be active – just by doing everyday things.



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.

Set limits on TV and computer time – for the whole family. That leaves more time for active play.



Try this:

Parent Alert. Children need at least 60 minutes of physical activity on most days. Competitive sports aren’t the best choice for most young children. Children naturally start to do things in groups about eight to 10 years of age. Let them choose the type of activities they enjoy.

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Let's move! Is your child in "constant motion"? With your support, he or she likely moves enough during the day.

Here's a guideline for you. Try to fit in at least 30 minutes of moderate physical activity on most days. A moderate activity is equal to walking 2 miles in 30 minutes. Three 10-minute chunks of active time are okay, too. If you've been out of action for a while, start slowly. Being active with your family counts!



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.
- Sweep the sidewalk.
- Wash the car – or the dog.
- Put away toys.
- Wash, sweep, or vacuum floors.
- Dust or polish furniture.
- Pick flowers or vegetables. Dig weeds.
- Rake leaves.
- Shovel snow.
- Play Frisbee with the dog.
- 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:

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