



Getting kids active!

Exercise does not have to be a chore; it can be fun! You don't have to join a gym, train for a 5K, or buy expensive gear. You don't even have to be an athlete to enjoy exercise. Children learn by role models, so set a good example for your child by also participating in events.

- Spin your wheels and forget the car rides!
 - Ride bikes around the neighborhood with friends.
 - Get kids rolling not only on bikes, but scooters, rollerblades or skateboards.
 - Need a birthday idea? A new set of wheels can be the perfect way to lure your kid off of the couch.
- "Fun Runs"... have your kid and a group of their friends plan a run together.
- Dance:
 - Have dance-offs during slumber parties or any time of the day.
 - Crank up the music, and free-style. Even air guitar counts!
 - Start with a short song, and see if your child can do jumping jacks all the way through it. Work your way up to longer songs for more steps.
- Take a Hike: Organize a weekend outing:
 - Simply find a nearby large park to explore, or make it an urban hike.
 - Plan a picnic and bring a ball or Frisbee.
- Start young by getting your kids to move with games of tag or hide-and-go seek.
- Take three trips up and down the stairs with your child, or do 20 step ups on one step.
- Crab crawl: Sit with your feet flat on the floor, knees bent. Lean back and place your hands flat on the floor behind you. Lift your bottom off the

floor, putting your weight on your hands and feet. Now, crab crawl around the room with your kids!

- To increase the challenge, find out who can crab-crawl the longest, using only one foot.
- Go to the kitchen and find two of the heaviest cans your child can hold. Have him/her stand with their feet flat on the floor, with the cans in their hands and arms at his side. Show them how to lift the cans up to their chest, bending their arms at the elbows. Have them hold for two seconds, and then slowly lower their arms. Repeat 10 times
- Grab a small textbook and hold it by the spine. Make an “L” with your arm- with your upper arm at shoulder level and your forearm pointing toward the ceiling. Extend your arm straight over your shoulder, pushing the book toward the sky. Return to the bent-arm position. Repeat 10 times, and then switch arms. Have your kids follow along with their own books (and arms)
- Have a hoola-hoop contest.
- Video Workouts:
 - Libraries and video stores have tons of workout videos for all kinds of tastes. Find your child’s style and dance away.
 - Stretch your Mind: Yoga is a great way for kids to start the day- it loosens muscles and even helps focus the mind.
 - Double Time: When watching TV at home, do jumping jacks, pushups, or crunches during the commercial breaks. If you have a treadmill in front of a TV, watch your favorite TV show while walking briskly on the treadmill.
- Get the House in Shape: Have your child clean their rooms, vacuum, or wash the dishes, all of these house chores gets your kids’ heart’s pumping!
- Team up: Organize the kids on your block to play a huge game of, “Capture the Flag”
- Your kids don’t need to play organized sports to enjoy team activities. They can meet up with a few friends to shoot hoops, kick a soccer ball, play street hockey or throw a football or baseball. Check out your neighborhood recreation center for open gym times- and for other activities like tennis or swimming.
- Run Wheelbarrow Races: One player “walks” on his/her hands, while a partner holds his/her legs. This game offers an upper-body workout for the person “walking” on the ground and challenges the total body strength of the player holding the feet.

