



# Cheap, Easy and Fun Ways to Move as a Family

*Together we can prevent diabetes!*

## **Children need 60 minutes or more of physical activity each day to prevent diabetes.**

Children learn to be active by watching their parents. Show children how much you care about their health by setting a good example.

Children love playing with their parents. Ask your child to go outside and play with you instead of watching TV and playing video or computer games. Any moving activity is better than none.

Try some of these cheap, easy and fun ways to move more with your children.

### *Housework Help!*

Ask your child to sweep the floor, vacuum or dust. Make chore time fun and see who can fold clothes and put them away the fastest.

### *Walk and Seek!*

Ask your child to help you find the greenest leaf in your yard or neighborhood. Go to the park and look for flowers or take your child on an early evening frog walk. You are sure to find frogs near street lights.

### *Ready, Set, Go!*

Take any chance to challenge your child to a race. You can race from one street light to the next, race to your car or a tree in your yard.

### *Dance Time!*

Turn on the radio or play an upbeat CD. Show your child your best dance moves. Ask them to try out your moves. Make it a contest to see who has the best moves.

### *Fun and Easy!*

Write each of these activities on a small piece of paper: 30 jumping jacks, 15 sit-ups, bend and touch your toes 10 times, run in place for 30 seconds, go on a walk. Fold each and put it in a bowl. Let your child pick out a square each day and do the activity together. Think of more activities you can do each week and add them to your bowl.

### *Routine!*

Ask your child to remind you to do a moving activity each day. Your child's future health depends on you.

*Information adapted from UMass Extension Nutrition Education Program. Fitness Squares.*

