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Play Hard Your Way

Make Family Time an Active Time

The benefits of physical activity include:

- Increases fitness levels and keeps the heart and lungs healthy.
- Builds and maintains healthy bones.
- Helps control weight to decrease the risk of many diseases.
- Boosts energy and promotes sound sleep.
- Helps you feel good about yourself and happier in general.



How Much Physical Activity Do You Need?

- Adults need at least 30 minutes of physical activity, above usual activity, most days.
- About 60 minutes a day may be needed to prevent weight gain.
- Kids need at least 60 minutes of physical activity on most, preferably every day of the week.

Make it Easy and Fun to be Active

- Schedule activities all family members can enjoy 2-3 times a month such as family bike rides and hikes. Let children plan a physical activity like going bowling or to the skating rink.
- Play with the kids - tumble in the leaves, build a snowman, splash in a puddle, or dance to favorite music.
- Join a walking group in the neighborhood or at the local shopping mall. Recruit a partner for support and encouragement.
- Walk, skate, or cycle more, and drive less.
- Take the whole family on a tour of a local museum, zoo or historic site.

At Home

- Push the baby in a stroller on a walk around the neighborhood.
- Walk up and down the soccer or softball field sidelines while watching the kids play.
- Walk the dog - don't just watch the dog walk.
- Cleaning the house or washing the car.*
- Involve the whole family in household chores, cleaning, vacuuming, and yard work.
- Do stretches, exercises, or pedal a stationary bike when watching television. Use exercise videos or DVDs or follow along with an exercise program on TV.
- Plant and care for a vegetable or flower garden.
- Reduce screen time with TV, computers and video games and increase active time.

At Work

- Get off the bus or subway one stop early and walk the rest of the way.
- Replace a coffee break with a brisk 10-minute walk. Ask a friend to go with you.

- Take part in an exercise program at work or a nearby gym.
- Take the stairs when possible instead of the elevator.
- Join the office softball or bowling team.

At Play

- Walk, jog, roller-blade, or cycle.
- Swim or do water aerobics.
- Play basketball, softball, or soccer.
- Take a class in dance, yoga, martial arts or kick-boxing.
- Golf (pull cart or carry clubs).
- Canoe, row, or kayak.
- Play racket ball, tennis, or squash.
- Take a nature walk or hike.



* These activities are not necessarily at the moderate intensity level of physical activity.



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