



# Be Active as a Family Whenever, Wherever, However!



## Indoors

Being indoors doesn't mean you can't be active. There are lots of things you can do in small spaces to get kids moving more and having fun!

- » Build an obstacle course in the living room, basement or garage with couch cushions and pillows
- » March up and down the stairs
- » Create a Dance Party where every family member teaches their own dance
- » Act out story time — use simple household items for props
- » Combine moving and learning: Sort kitchen containers by size, color, and shape or fold laundry and arrange piles by color

## Outdoors

Jogging isn't the only thing you can do outdoors to be active! There are lots of little things you can do with your kids outside that will get you all moving more while spending quality time together.

- » Plant a garden: help everyone plant their own vegetables, fruits and flowers
- » Take a nature hike or climb
- » Run, jog, and walk in a family treasure hunt
- » Wash the car, or play an active game with the hose
- » Go to a park for a walk or to play catch, Frisbee or kick ball





## Be active all year long!

### Fall

- » Go on a family hike, and look for leaves and nuts you can collect
- » Rake leaves — then jump in them!
- » Go apple picking or head to a pumpkin patch

### Winter

- » Go sledding, and make snow angels
- » Build a snowman or a snow-house
- » Walk across the yard and hop back, landing only on your footprints
- » Go ice skating
- » Bundle up and go for a stroll

### Spring/Summer

- » Go swimming or jump through the sprinkler
- » Camp, hike or bike
- » Go miniature golfing or fly a kite
- » Have a relay race

For more tips on helping kids eat better and move more, visit [www.mass.gov/MassinMotion](http://www.mass.gov/MassinMotion)

*Information adapted from the NAP SACC Program, Center for Health Promotion and Disease Prevention, The University of North Carolina, Chapel Hill, NC, 2006.*

