

HEALTH AT A GLANCE



Family Fitness

September is America on the Move and Childhood Obesity Awareness month. Now is the time to design a plan to keep your family healthy and moving into a lifetime of well-being! Remember...YOU are a **ROLE MODEL!** When you incorporate healthy behaviors into your daily routine, your family is likely to follow suit.

Move More TOGETHER

It is recommended that adults get 30 minutes and children get 60 minutes of activity per day...MINIMUM! Whether you choose to break it into smaller segments throughout the day, or do it all at once, the key is to make it part of your daily routine. Here are some ideas:

- Make a family commitment to **go for a walk together** at the same time each day (perhaps right after dinner?) as a social hour (or 20 minutes). When the weather gets cold, that walk may turn into a snowball fight, but at least you're still moving and connecting with each other. Find a new trail at www.gptn.org.
- Explore the local and state parks in the area. **Put a different park on your calendar each week**, pack a healthy picnic, and be prepared to "hunt" for different plants and animals (and of course, check out the playground equipment). Find a park near you at <http://lincoln.ne.gov/city/parks/>
- When you find the entire family standing in your way as they wait for dinner to be done, turn it into **an impromptu activity/game/competition** such as Simon Says, Leap Frog down the hall, a wall-sit contest, or even send them to a large room (or outside) to play Red Light-Green Light or race around the outside of the house.
- Replace "movie nights" with **"moving nights."** Do some investigating and make a list of all the activities in your area—be sure to include hours and prices for easy reference, so you always have options for family nights out. Bowling, laser tag, miniature golf, indoor playgrounds, batting cages, climbing walls, trampoline parks, and roller skating are just a few fun activities families can enjoy together. For added fun, write activities on popsicle sticks and place them into the appropriate jar—free activities, low-cost, and "special occasion." Family members can rotate who gets to "pull a stick" each week to determine what the family activity will be.
- **Maximize wait times at your kids' activities.** For example, if your son needs to be at the ballpark an hour before his baseball game to warm-up, use that time to go for a run or walk .

Encourage Activity

Organized sports are great, but they may not be for everyone. Encourage your family members to find activities they enjoy—dancing, martial arts, geocaching, acting classes, adventure courses, rollerblading, active/interactive video games, even rock collecting are fun activities to keep moving year-round.

KEY WEBSITES

American Academy of Pediatrics: www.healthychildren.org

American Council on Exercise: www.acefitness.org

America on the Move: www.americaonthemove.org

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