

**Eating Smart & Moving More
Celebrating Healthy Families**

Moving More

**Five Easy Ways to
Spend More Time
Playing Together**

Plan time to PLAY OUTSIDE together.

A family that plays together stays healthy together. Give each person a chance to choose an outdoor activity for everybody to play together. Depending on the weather, you could throw a Frisbee[®], fly a kite, build a snowman, or go up and down the slide at the park. You might also be able to play tag, pick up a game of basketball or draw an old-fashioned game of hopscotch on the sidewalk.

Plan time to TAKE A WALK together.

Walking can easily become a game rather than an exercise. You can always take a dog. They love to play with balls and sticks. Children of all ages can really get into a silly game of *Simon Says*. Walk with your hands on your head or behind your back. Swing your arms like a chimpanzee or an elephant's trunk. Prance along on your tippy toes, twirl in circles or just skip along together.

Plan time to PLAY INSIDE together.

Being active indoors can be lots of fun too. Clear some space for playing with soft *Nerf*[®] or *Koosh*[®] balls. Get all tied up a game of *Twister*[®]. Get hooked on one of the active video games, like *Dance Dance Revolution*[®]. Kids love to move their bodies in almost any imaginable way. You can have lots of fun just crawling around like wild animals or with a game of indoor hide-and-seek.

Plan time to DANCE together.

Dancing is the perfect family activity. It is a delightful combination of movement for your body, music for your ears and joy for your heart. Indoors or outdoors, there's no need to follow any specific rules or steps. All you need is music and a little bit of space. Children love to learn new moves from videos – or just to make up their own creative routines as the music moves them.

Plan time to TAKE A CLASS together.

Want to learn some new skills and play together at the same time? Check out the classes at your local YMCA/YWCA, Boys and Girls Club, dance studio or fitness center. Many now offer instruction – and fun – for the whole family together. If you're not able to make a long-term commitment, ask about family fun nights in the gym – or splash-and-play events in the pool.



National Nutrition Month[®] - March 2008

Adapted by the NC NET Program from Eat Right Montana materials