

## **Moving More**

## **Five Easy Ways to Enjoy Active Summertime Fun**

Like many adults, children do not like exercise – but they love to play. The key to fit, healthy kids is to make family time activity time. By making plans for some active fun every day, you can improve everyone's fitness levels – and often improve their attitudes too!

### **Make plans for active fun - in the yard.**

Active fun is as close as your own yard. It's as easy as a basketball hoop, a Frisbee® or a sprinkler for splashing on a hot summer day. Instead of sending the kids out to play by themselves, go out with them and enjoy old-fashioned fun, like freeze tag, hide-and-seek, kick the can, horseshoes or badminton.

### **Make plans for active fun - in the neighborhood.**

Look for active adventures around the corner. Plan a scavenger hunt with other families or set up a bicycle obstacle course with traffic cones. Trade dog walking duties with neighbors: one family in the morning, the other in the evening. Everybody, including the dogs, will feel better, act better and look better too.

### **Make plans for active fun - at the park.**

North Carolina is full of parks, each with its own special activities: city parks with splash pools for tots and Folf (Frisbee® golf) for adults; county parks with smooth paths for biking and running; state parks with beaches, lakes, rivers, and streams for swimming and paddling; and even a national park and forest for lots of seriously fun hiking.

### **Make plans for active fun - on road trips.**

Take a break from sitting in the car and fit some active fun into a long trip. Pack a small bag of 'rest-stop toys,' like a Frisbee®, a soccer ball, a couple of mitts and a baseball or a few Nerf® toys. A 15-minute break will help everybody be in a better mood – and it might keep the kids from driving the driver crazy!

### **Make plans for active fun - for charity.**

Many groups and organizations sponsor walking, running or biking events – some to raise money and others to raise awareness for their cause. Training together as a family for one of these events offers rewards on multiple levels: family time + active fun + a sense of accomplishment + helping others.

