

GETTING ACTIVE AS A FAMILY

One of the best ways to prevent weight problems in children is to make exercise and activity a



family event. Not only can parents set a good example, but it helps everyone get healthier while bonding and having fun together. The U.S. Department of Health and Human Services offers some tips:

- **Find some free time.** Being active together just twice a week can have health and emotional benefits. Try to find some 30-minute time slots and put your activity time on the calendar.
- **Don't make too many changes at once.** To get everyone on board, start gradually and be sure to celebrate each time you make a healthy change.
- **Ask for the kids' ideas.** Ask your kids about where they'd like to walk or bike. Talk to them about sports or activities they want to try.

Remember, any time you make a change toward more activity and less screen time, you're helping everyone in your family lead a healthier life.