

# FAMILY HEALTH HANDOUT: PHYSICAL ACTIVITY 60: PLAY EVERY DAY ANY WAY



## JANUARY HEALTH CHALLENGE

Get at least 60 minutes of physical activity every day!

### GET 60!

PLAY your way to a healthier family! 60 minutes of activity every day is all it takes. PLAY can happen anytime and anywhere. 10 minutes here or 20 minutes there – active time adds fun to family time, friends, and school. Try these great ideas!

- Pick a family member to be “coach of the day.” He or she chooses a game the family will play that day (ideas: kickball, hoops, a dance-a-thon, or a made-up game.)
- Don’t forget fun at a playground – climb, slide, run around, and laugh.
- Call a few friends for an active family game night. Twister, relays, sack races and flag football are good choices.
- Snowy outside? Build a snowman, fort, or make snow angels.
- For family outings, replace movies with parks, museums, and trails.
- Celebrate special occasions at the skating rink, bowling alley, playground or swimming pool.
- Instead of driving a car, walk or bike as often as you can.
- Always take the stairs instead of the elevator or escalator.
- When a TV commercial comes on, crank up the music and dance!
- Turn off the TV and make time to play.



### What physical activity can do!

- Boost self-confidence
- Improve school achievement
- Lower stress
- Help kids sleep better
- Give them more energy
- Teach good leadership and teamwork
- Improve social skills
- Lower chances of type 2 diabetes
- Maintain a healthy weight
- Lead to more positive attitudes
- Start a healthy habit for life



**STICK IT UP!  
REMIND  
YOURSELF  
TO PLAY EVERY  
DAY ANY WAY -  
PUT THIS ON THE  
REFRIGERATOR.**

### 4-H FAMILIES ONLINE

Families can find more great ideas at <https://letsmove.obamawhitehouse.archives.gov>. Try the PALA challenge, tips for families, and even a “play space finder” for fun near you.