



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



EAT HEALTHY



PLAY EVERY DAY



GET TOGETHER



GO OUTSIDE



SLEEP WELL

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# QUICK START KIT: PLAY EVERY DAY



## Great Ways to Play Every Day



Play may be the best way to prevent childhood obesity. Put more play into your family's day, and you will soon find yourself getting the activity that will have your family feeling energized and strong.

### KEY HEALTHY HABITS

#### ► Families at Play for an Hour a Day

Playful movement is one of the keys to a healthy family home. It doesn't matter what you choose to do. Just think of all the many choices you have from walking to gardening to vacuuming the carpet, let alone the fun you can have with your kids swimming in a pool, going for a hike, shooting some hoops, or taking a favorite pet for a walk. To get 60 minutes of moderate activity throughout your day just add ten minutes here and fifteen minutes there.

#### ► Turn It Up a Notch

Several times each week, spend a little more energy while moving. Try to engage in vigorous activities at least three times each week for 20 consecutive minutes, but don't worry if five or ten minutes leaves you feeling wiped out at first. Small steps will get you there, so don't overdo it. When the play stops being feeling good, take a break.

### FAMILY GOAL EXAMPLES

Try getting the family together to select one of the following goals or come up with your own. To begin, go for something that is realistic and achievable. In one week, get back together to see how you did and what you learned. Take into account this week's experience, set another goal and keep going. You can do it!

1. This week, we will take a 30-minute family bike ride.
2. This week, we will take \_\_\_ (#) family walks together around the block.
3. This week, we will attend family swim at the Y on \_\_\_\_\_ (day) .
4. This week , we will walk the dog instead of letting her out into the yard.
5. This week, I will play ball with the kids for 15 minutes when I get home.

**Our own:** \_\_\_\_\_

Use the Healthy Family Home progress tracker to keep tabs on your goals.



# PROGRESS TRACKER



PICK A NEW HABIT AND FILL IN A STAR EACH TIME YOU TRY IT.



EAT HEALTHY

OUR GOAL

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY



PLAY EVERY DAY

OUR GOAL

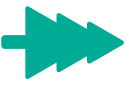
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GET TOGETHER

OUR GOAL

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GO OUTSIDE

OUR GOAL

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SLEEP WELL

OUR GOAL

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