

# STEP UP TO



## EVERY DAY, AIM FOR:

- Less than 2 hours of screen time (TV, video games, Internet)
- 60 minutes or more of physical activity!

START

## BUILD A HEALTHY FOUNDATION



### Turn off the TV

Aim for less than 2 hours a day.

- Remove TV, computers, and game consoles from all bedrooms.
- Be firm about limits.
- Don't eat in front of the TV.
- Don't surf: schedule time in advance to watch your favorite shows.
- Exercise while you watch (treadmill, bike, commercial-calisthenics).

### Transport yourself

Try to spend less time in the car. Get some fresh air. Rely on your own 2 feet.

- Walk or ride your bike to school. Make it a daily routine.
- Walk or ride your bike to friends' houses, to the store, to movies, to lessons, to church, or to work.
- Ditch the stroller. Let toddlers walk along with you when possible.
- Take the stairs instead of the elevator—always—up and down.

### Play, play, play

Do more good old-fashioned, active play. No rules, no structure. Just have fun!

- Play tag, hopscotch, red-rover, or kickball.
- Throw a ball.
- Chase the dog.
- Look for bugs or play with dolls.
- Build things—towers of blocks, snowmen, or fortresses.
- Spend time at a playground, skate park, or rec center.
- Jump rope.

### Make it a family affair

Don't go it alone. Get the whole family involved. Make family activities part of your weekly routine.

- Do regular, active chores: vacuuming, raking leaves, mowing the lawn, sweeping the floor, washing windows.
- Take walks together after dinner.
- Play Ping-Pong, Frisbee, badminton, or croquet.
- Find active indoor games like Twister or balloon volleyball.
- Go bowling or mini golfing.

## STRETCH & STRENGTHEN

### Stretch your body every day

Be gentle, patient, and persistent. Work stretching into everyday activities—or at least take time to stretch 2 to 3 times a week:

- Stretch before you get out of bed.
- Stretch before and after aerobic exercise or sports.
- Learn yoga or Pilates.
- Try martial arts or gymnastics.
- Dance or stretch to music (for toddlers, try "head, shoulders, knees and toes").

### Build strength

Add strength training 2 to 3 times a week.

- Use your own body weight—do push-ups, pull-ups, sit-ups, and knee bends.
- Sign up for personal training or work with a coach to learn good technique.
- Use light weights and do lots of repetitions.

### Ease into it

If you have joint pain with walking or sports activities—or you're just starting from scratch—consider these low-impact activities first:

- Swimming or water play
- Stationary cycling
- Elliptical trainers

Need help? Find a personal trainer.

### Play a sport or join a club

You don't need to be a sports star. Pick up a game with friends and family.

- Check out options at your local parks and recreation center or at a health club or school.
- Try: basketball, tennis, soccer, football or flag football, hockey, lacrosse, baseball or softball, Ultimate Frisbee, swimming, dancing, cheerleading, volleyball, wrestling, track.

## REV IT UP

