

LET'S BE ACTIVE AT HOME

The Centers for Disease Control recommends that all children participate in at least 60 minutes of moderate intensity physical activity most days of the week to maintain good health. Physical activity is any bodily movement produced by muscles that burns energy. So...any kind of moving counts as physical activity!

sider "having fun" are physical activities - swimming, playing tag, or riding a bike, for instance.

an hour at a time. The only time kids should be not moving for more than an hour straight is when they are sleeping!

All children need both planned activity and free play. The National Association of Sports and Physical Education (NASPE) recommend that preschool children get at least one hour of structured AND unstructured physical activity each day. In addition, children should not remain inactive for more than

Physical activity doesn't just mean exercises like jogging or push-ups....in reality, many things that kids con-

Try to be active as a family each day. Walk the dog together after dinner or go on a family bike ride to a local park or gym instead of watching T.V. You could assign each family member one night per week to be the "Coach of the Day" whose job is to organize or invent a game that evening!

Arm Wrestling

Leg Wrestling

Thumb Wrestling

Dancing

Duck, Duck, Goose

Charades

Simon Says

Follow the Leader

Red Light,
Green Light

Capture the Flag
500 fly-up
Tag
Red Rover

Marco Polo

Here are some outdoor game ideas for your "Coach of the Day":