

Physical Activity for the Family

Learning to enjoy physical activity can help your child develop strong muscles and bones while maintaining a healthy weight. These tips can help your family be more active together.

Blue Cross and Blue Shield of Alabama cares about your health and wellness.

This is an informational series designed to provide specific ideas for a healthy and safe lifestyle.

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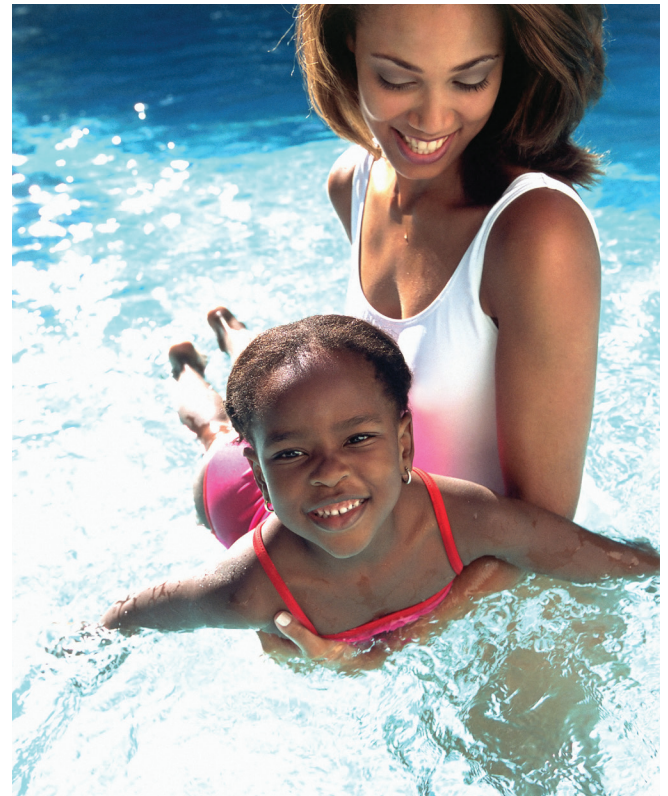
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*A wellness program for you
from Blue Cross and Blue Shield of Alabama*

- **Have fun.** Active play is vital. Encourage kids to take part in fun activities for a total of 60 minutes each day, either all at once or in shorter activity bursts.
- **Get involved.** Choose fun activities you can do together to help the whole family feel better. Try a game of jump rope, flying kites at the park or walking together after dinner.
- **Be creative.** Getting exercise does not mean going to the gym. Any activity will do — try a Frisbee game, a trip to the zoo or a game of Twister.
- **Screen time.** Watching television, playing video games, and Internet surfing can prevent children from getting the physical activity they need. Set a daily “screen time” limit of one to two hours.
- **Set the stage.** If your child has a television in the bedroom, consider replacing it with a radio. Dancing and singing are active and fun.



- **Join a team.** Check with your local parks department or recreation center. Many communities offer low-cost or free recreation programs.

For more information, visit:

KidsHealth
kidshealth.org/en/parents/exercise.html

Let's Go!
letsgo.org/

President's Council on Fitness,
Sports & Nutrition
fitness.gov/

TrailLink.com
traillink.com/

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