BE ACTIVE TOGETHER

✓ It is important to be active as a family so it becomes part of your lifestyle.
✓ Be creative and think of activities you can all enjoy together.
✓ It is great for children to see you enjoying being active.

There are lots of ways a family can be active, here are some ideas for those “I’m bored” moments that don’t cost a thing!

- Make walking a part of every day life, leave the car and explore your local community on foot instead. Why not play “I spy” as you go?
- Pack a lunch and find a spot where the kids can play.
- Allow toddlers to walk part of the way rather than be pushed in the pram.
  Be active on outings (e.g. fly a kite, walk the dog or go on a bushwalk).
  Go on a treasure hunt – hide objects e.g. certain toys, around the house and see if your children can find them.
- Play hide and seek – indoors or outdoors.
- Kids love gardening. Get outside and try some weeding, watering and planting.
- Keep outdoor activity gear by the door or in the boot of the car (e.g. a soccer ball, kite).
  Cycle with your children.
  Practise ball skills like kicking and throwing a ball against a wall or try throwing a ball against a wall and catching it.

- Play ‘Simon Says’ and encourage physical activity such as jumping, marching, and running on the spot.
- Ask your children to help with active chores around the home such as hanging the clothes on the line, washing the car – you might be surprised how willing they are to help.
- Use public outdoor spaces such as parks, playgrounds, beaches, walkways and cycle ways.
- Walk to places such as the shops or library when you can, or walk part of the way.
- Give children challenges like ‘hop to the tree’ or ‘skip around the path’.
- Dance, laugh and be happy together.

The NSW Ministry of Health wishes to acknowledge the following sources: South Eastern Sydney and Illawarra Shoalhaven Local Health Districts Healthy Eating and Active Play at Playgroup manual and case studies, and the NSW Ministry of Health Munch and Move program and Local Health District resources.

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