

A family that plays together stays healthy together, so make your goal at least 30 to 60 minutes of active fun every day. The good news is that kids actually love to move their bodies – as long as they see it as play (rather than boring exercise!). If your family has trouble finding time to play together, make activity a priority by writing it into your schedule or calendar. Here are five fun ways to plan playtime:



## Plan time to take a walk together.

**WALKING CAN BE A GAME** rather than an exercise. You can always take a dog; they love to play with balls and sticks. Children of all ages can get into a silly game of Simon Says. Walk with your hands on your head or behind your back. Swing your arms like a chimp or an elephant's trunk. Prance along on your tippy toes, twirl in circles, or skip together.

## Plan time to play outside together.

**GIVE EACH PERSON** a chance to choose an outdoor activity for everybody to play together. Depending on the weather, you could throw a Frisbee,<sup>®</sup> fly a kite, build a snowman, or go up and down the slide at the park. You might also be able to play tag, pick up a game of basketball, or draw an old-fashioned game of hopscotch on the sidewalk.



## Plan time to play inside together.

**BEING ACTIVE INDOORS** can be lots of fun too. Clear some space for playing with soft Nerf<sup>®</sup> or Koosh<sup>®</sup> balls. Get all tied up in a game of Twister<sup>®</sup> – or get hooked on one of the active video games, like Dance Dance Revolution<sup>®</sup> or Wii.<sup>®</sup> You can have lots of fun just crawling around like wild animals or with a game of indoor hide-and-seek.

## Plan time to dance together.

**DANCING IS THE PERFECT FAMILY ACTIVITY** – a delightful combination of movement for your body, music for your ears, and joy for your heart. Indoors or outdoors, there's no need to follow any specific rules or steps. All you need is music and a little bit of space. Children love to learn new moves from videos – or to teach their parents their favorite routines.



## Plan time to take a class together.

**WANT TO LEARN** some new skills and play together at the same time? Check out the classes at your local YMCA/YWCA, Boys and Girls Club, dance studio, or fitness center. Many now offer fun instruction for the whole family. If the cost of a long-term membership is too high, ask about family fun nights in the gym or splash-and-play times in the pool.