



**1. Set a good example.** Be active and get your family to join you. Have fun together. Play with the kids or pets. Go for a walk. Tumble in the leaves. Play catch.

**2. Take the President's Challenge as a family.** Keep track of physical activities each of you does. Earn awards for active lifestyles at [www.presidentschallenge.org](http://www.presidentschallenge.org).

**3. Get into a routine.** Set aside time each day as activity time. Walk, jog, skate, cycle, or swim. Adults need at least 30 minutes of physical activity most days of the week. Children need 60 minutes everyday or most days of the week.

**4. Have an activity party.** Make the next birthday party centered on physical activity. Try backyard Olympics or relay races. Have a bowling or skating party.



**5. Set up a home gym.** Use things you have in the house. Use canned foods for weights. Use stairs for stair machines.

**6. Move it!** Limit TV watching and computer time. When you watch TV, exercise or at least get up and move during TV ads. When you talk on the phone, lift weights or walk around.

**7. Give activity gifts.** Give gifts that promote physical activity. Give sporting equipment or active games.



**8. Promote group sports.** Children get regular exercise during practice and during games. Being part of a team can be good for children's self-esteem, too.