

*Role of Families  
in  
Promoting Youth Physical Activity*



# Set a Positive Example

- Lead an active lifestyle yourself
- Make family time an opportunity for physical activity
  - Take a walk together after dinner
  - Do housework or yard work together
  - Walk the dog together
  - Make use of low- or no-cost resources
    - ✓ Public parks
    - ✓ Community fields and courts
    - ✓ Recreation areas
- Replace inactivity with activity whenever possible
  - Example: walk or bike to school instead of riding in a car



# Limit "Screen Time"

- The American Academy of Pediatrics recommends less than 2 hours of media time per day.
  - Television
  - Computer
  - Movies/DVDs
  - Video games
- Turn commercial breaks into activity breaks
- Turn off the television during mealtimes
- Do not use screen time as a reward or
- punishment



# Encourage Physical Activity

- Expose children to a variety of physical activities
- Be positive about the physical activities in which your child decides to participate
- Encourage children to talk about their experience with physical activity
- Help your child get to and from practices and events
- Give your child toys that promote physical activity
- Encourage children to play outside instead of watching television or playing video games
- Make special events physical activity events
- Encourage your child to join a team or try a new physical activity with a friend.



# Partner With Your Child's School



- Learn about what physical activities are offered at your child's school
- Talk to the principal or write a letter to the district superintendent if you think that there should be more physical education at your child's school
- Encourage the school to implement a comprehensive physical activity program
- Become a member of the school health advisory board
- Help organize special events like walk-a-thons, dance-a-thons or bike-a-thons
- Volunteer to help with afterschool sports teams



Thanks!

