Move More: Ideas for Kids, Teens, and Families

Moving more is one of the best things you can do to feel better, get stronger, and have fun. Follow the dotted line to add in one new idea at a time. Try to get in 60 minutes of active play every single day!

PLAY, PLAY, PLAY — 60 MINUTES EVERY DAY
- Chase the dog
- Build a fort
- Jump rope
- Play tag
- Play with dolls
- Throw a ball

SHUT OFF THE SCREENS
Be firm about the house rules:
- Screens (TVs, computers, video games, notebooks) in bedrooms.
- Eating in front of screens.
- Surfing. Schedule time in advance to watch your favorite shows.
- Screens at bedtime or mealtime.

TRANSPORT YOURSELF
- Get in the habit of walking or riding your bike to:
  - school
  - lessons
  - church
  - store
  - work
  - friend’s house
- Ditch the stroller. Let toddlers walk along with you when possible.
- Take the stairs instead of the elevator.

GET THE WHOLE FAMILY PLAYING THE GAME
- Go for a walk together after dinner.
- Make a switch: Have a hula hoop contest instead of watching TV. Go for a hike instead of a movie.
**BEND AND STRETCH**

Work stretching into everyday activities — or at least take time to stretch 2 to 3 times a week. Be gentle, patient, and persistent.

- Stretch before you get out of bed. Stretch after aerobic exercise or sports.
- Try martial arts, yoga, or gymnastics.
- Dance or stretch to music (for toddlers, try “head, shoulders, knees and toes”).

**BUILD SOME MUSCLE**

Do strength-building exercises. A coach can help you learn good technique.

- Use your own body weight — do push-ups, pull-ups, sit-ups, and knee bends.
- Use light weights (or even soup cans) and do lots of repetitions. Teens and kids shouldn’t use heavy weights unless a coach or other trained professional can help them lift safely.

**WORK UP A SWEAT**

Get your heart beating faster, and work up a sweat. Try these:

- **Outdoors**: bike, walk, run, hike, climb, skate, sled, jump rope.
- **Indoors**: stationary bike, treadmill, elliptical trainer, active video games like dancing or boxing.

**JOIN A TEAM, A CLUB, OR A PICK-UP GAME**

You don’t need to be a sports star. Join for the fun of it.

- **Quest**: Check out options at your local parks and recreation center or at school.
- **Try**: basketball, tennis, soccer, flag football, lacrosse, softball, ultimate Frisbee, swimming, dancing, volleyball, wrestling, track…. 

**NAME YOUR GAME**

Quest: Pick a sport or game you want to stick with for a while. If you have joint pain with walking or sports activities — or if you’re starting from scratch — start with low-impact activities like:

- Swimming or water play
- Bicycling or stationary cycling
- Elliptical trainers