

Get Moving! Fitness Tips for Kids

Here is the rule: get 1 hour or more of physical activity each day! The good news is that your kids' 60 minutes of physical activity doesn't need to happen all at once. Just help them get active for 10 or 15 minutes a few times a day.

You don't need fancy equipment or a health club to help your kids get their daily physical activity. All you need are some regular household items and a little imagination.

Combine a few of these tips, and they'll quickly add up to a fun and healthy 60-minute routine. Naturally, the best way to get your kids moving is to get up and go with them. So make daily activity part of the program, and you could enjoy the health benefits too!

At-Home Gym

- **Step to it:** Take three trips up and down the stairs with your child, or do 20 step-ups on one step.
- **Kangaroo Jump:** Tape a shoelace to the floor in a straight line. Have your child stand on one side of the string with both feet together. Count to three, and cheer as he or she jumps over the string and back 10 times. Take a short break—and do it again!
- **Crab Crawl:** Sit with your feet flat on the floor, knees bent. Lean back and place your hands flat on the floor behind you. Lift your seat off the floor, putting your weight on your hands and feet. Now, crab crawl around the room with your kids!
- **Can Do:** Go to the kitchen and find two of the heaviest cans your child can hold. Have him stand with his feet flat on the floor, with the cans in his hands and arms at his side. Show him how to lift the cans up to his chest, bending his arms at the elbows. Have him hold for two seconds, and then slowly lower his arms. Repeat 10 times.
- **Reach for the Sky:** Grab a small textbook and hold it by the spine. Make an “L” with your arm—with your upper arm at shoulder level and your forearm pointing toward the ceiling. Now extend your arm straight over your shoulder, pushing the book toward the sky. Return to the bent-arm position. Repeat 10 times, and then switch arms. Have your kids follow along with their own books (and arms).
- **Get On Down:** Start with two bottles of laundry detergent (or any large bottle with a handle). Have your child stand with her feet flat on the floor, shoulder width apart. Place the bottles on each side of her feet. Watch as she bends her knees, grabs the bottles, and stands up. Repeat 10 times.
- **Hoop it Yourself:** A trashcan (or even a box) makes a great indoor basketball goal— perfect for a quick game of one-on-one.