

Active family time can be child's play

Are you a family of couch potatoes? Internet surfing, TV and video games can easily steal away healthy active time from your family.

Most adults need at least 30 minutes of physical activity, above usual daily activity. Kids need at least 60 minutes of physical activity, preferably every day.

Try these ideas for family active time:

- Schedule activities all family members can enjoy a few times a month, like bike rides, hikes and bowling
- Play with the kids—kick around a soccer ball, splash in a puddle, or dance to favorite music
- Join a walking group in the neighborhood or at the local shopping mall
- Walk, skate, or cycle more, and drive less
- Take the whole family on a tour of a local museum or zoo
- Involve the whole family in household chores and yard work
- Plant a vegetable or flower garden

Source: U.S. Department of Agriculture



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Want your family to go from zapped to zippy? It's easy when you carve out time for physical activity. Plan your family's activity program with the Personal Health Manager resources available through Blue Access® for Members.