

Keeping Kids Physically Active

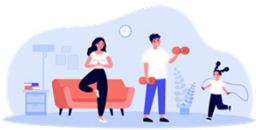
Tips for Caregivers



With so many children learning virtually, it is more important than ever to get kids up and moving as a break from sedentary screen time. [The Physical Activity Guidelines for Americans](#) recommends that **kids and teens ages 6 to 17 get 60 minutes of activity every day**. The 60 minutes doesn't have to come all at once – break it up into smaller pieces with varied activities. Remember, lots of things count as physical activity, and it all adds up!



Take advice from the experts: kids. Ask them to show you a game they like to play at recess. Or ask them to demonstrate their favorite dance moves. If your kids have been involved in sports, ask them to be your coach and show you how to improve your game. Suggest that they put together a playlist for a family dance party.



Have an indoor strategy. Create a simple obstacle course; string a net and make a balloon volleyball court; play indoor soccer with a whiffle ball; create an indoor scavenger hunt. Establish a routine of doing some basic exercises together. Think of ways to be physically active while sitting in a chair or while staying within a small area. Practice specific skills – like doing a push-up or standing on your head. Take turns – you teach them a skill, then they teach you a skill.



Have an outdoor strategy. Take a walk outside. Or, instead of walking, jog. Or use a scooter, a bike, a pogo stick, roller skates. Pick two points and see how many times they can go back and forth in a set number of minutes.



Create simple challenges. Can you find ...? How many can you ...? How far/ high/ fast can you ...? Use a smartphone or fitness tracker or pencil and paper to record challenges for number of stairs climbed, steps taken, etc. Have them put together a list of physical activities, then test and review each one. Have them create ways for you to be more physically active – then, embrace the challenge!



Embrace a lack of structure. Encourage kids to play, be creative, and use their imagination. If you are caring for more than one kid, have them take turns leading their favorite activities. Think outside the school day - activity doesn't have to happen only during school hours, but it can take place after school or in the evenings if that is best for your schedule.