

How To Use These PDF files

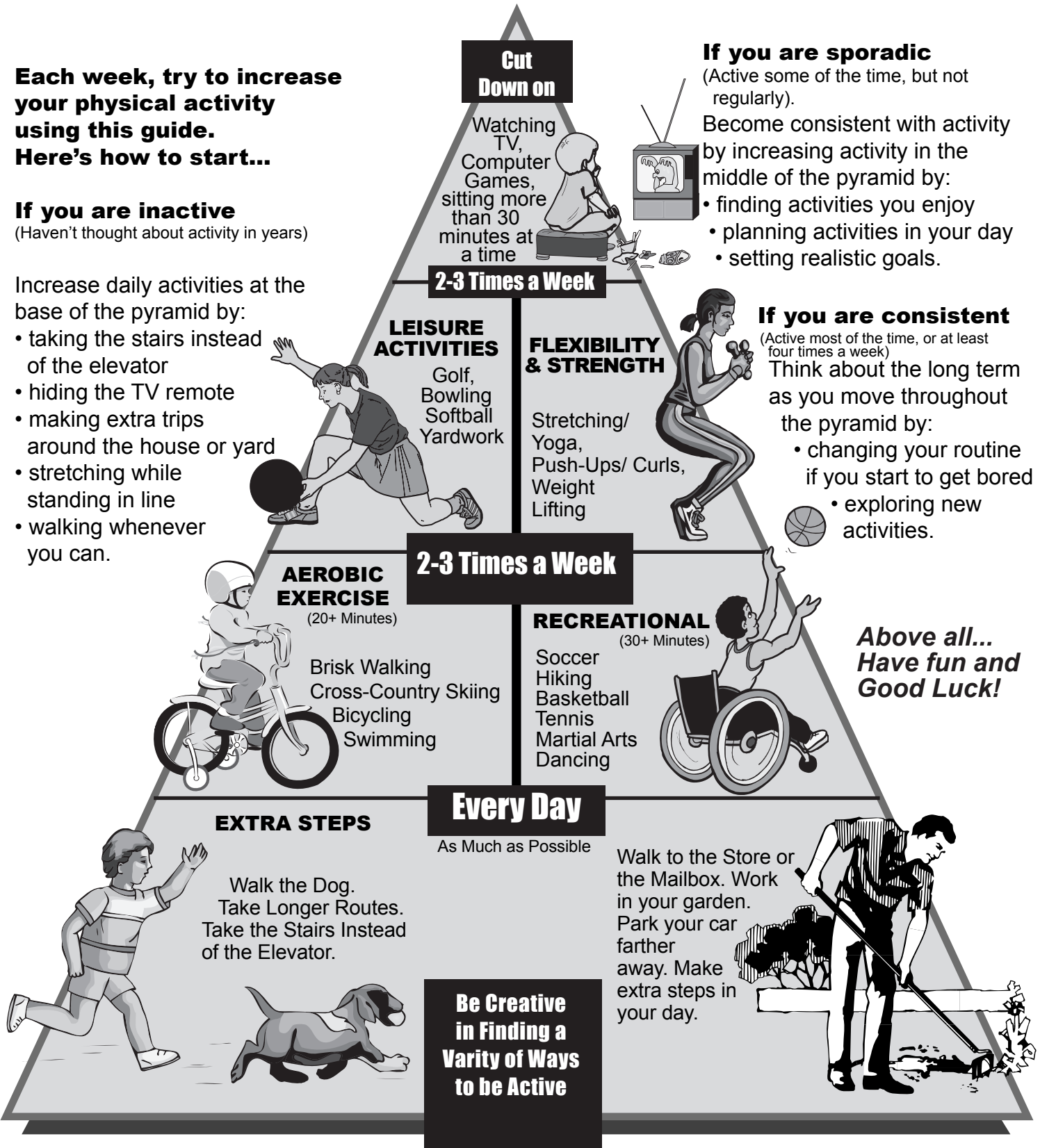
- The challenge for parents is to find ways to encourage their children to be physically active. These files contain some ideas for activities that you and your children can do together.
- Initially some activities may be more difficult than others. With practice most activities will become easier. Activity variations are suggested to accommodate children's different abilities.
- The following **Physical Activity Pyramid** shows how each of us can fit activity into our daily lives for health and fun!

Each week, try to increase your physical activity using this guide. Here's how to start...

If you are inactive
(Haven't thought about activity in years)

Increase daily activities at the base of the pyramid by:

- taking the stairs instead of the elevator
- hiding the TV remote
- making extra trips around the house or yard
- stretching while standing in line
- walking whenever you can.



If you are sporadic

(Active some of the time, but not regularly).

Become consistent with activity by increasing activity in the middle of the pyramid by:

- finding activities you enjoy
- planning activities in your day
- setting realistic goals.

If you are consistent

(Active most of the time, or at least four times a week)

Think about the long term as you move throughout the pyramid by:

- changing your routine if you start to get bored
- exploring new activities.

**Above all...
Have fun and
Good Luck!**

Every Day

As Much as Possible

EXTRA STEPS

Walk the Dog.
Take Longer Routes.
Take the Stairs Instead of the Elevator.

Walk to the Store or the Mailbox. Work in your garden. Park your car farther away. Make extra steps in your day.

Be Creative in Finding a Variety of Ways to be Active