

UNL for Families Press Release -March 16

A Family That Plays Together Stays Together

Our bodies are made to move! Being physically active everyday...

- Helps keep the heart and lungs healthy
- Builds healthy bones, muscles and joints
- Boosts energy and promotes sound sleep

Physically active children & adults feel good about themselves and are happier. Make physical activity part of your family routine. It is a priceless gift to give your children. Children need at least 60 minutes of physical activity per day. More than 60 minutes is even better. Competitive sports are only one option and may not be the best choice for all children. Children should learn skills for lifetime fitness, including individual activities such as swimming, hiking, dancing, and bicycling.

Brainstorm different fun activities that your family could do together. How can you keep a regular fitness program for you & your family? It is easier than you think! What do you enjoy doing? What does your family enjoy? Find some physical activities you all enjoy and do them together! Remember different people enjoy different activities. Do a variety of things to keep everyone involved and moving!

Here's 10 simple ideas:

1. **Walk the Dog!** Research shows that it is healthy for both the dog and its owner to go on regular walks.
 2. **Play with your kids!** Kids are hard to keep still. If you do something with children, you will keep moving too.
 3. **Take a 10 minute walk!** Even a little bit of activity is better than none! All it takes is 10 minutes a day, three days a week. Invite others in your family to take a short walk with you.
 4. **Liven it up with Laughter!** Laughing is the best of medicine. It moves all the muscles on your face, relieves tension and reduces stress!
 5. **Focus on fun with your family!** A family that plays together, stays together. Give everyone a chance to pick out their favorite activity to do.
 6. **Be a good neighbor!** Have members of our family volunteer to help others out by walking their dogs or helping with household chores.
 7. **It's a nice day- go outside and play!** Teach your kids the joys of raking leaves and jumping in them, making a snowman, flying a kite, or ride a bike.
 8. **Take the Stairs!** You get lots of extra exercise taking the stairs instead of the elevator. Teach kids to move it on up by foot.
 9. **Turn off the TV and Video games!** Limit the amount of time you allow your children to be electronically entertained. Don't leave your TV on continually.
 10. **Emphasize fun and fitness, not competition and perfection.** Not every child is going to be a great athlete. Be involved in your child's activities by being active with them.
- For more information go to: foods.unl.edu or contact your local Nebraska Extension Office for more fun fitness ideas!

Are you interested in involving your child in 4-H Youth Development in Buffalo County?

Enroll now! Buffalo.unl.edu

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