

# Getting Kids to Move More

Kids and teens need 60 minutes of exercise daily. Here are some ways to get them off the couch.

**Call it play:** Words matter. Kids may not want to “exercise” every day, but they probably want to “play” as much as possible. Teens may be more open to “moving.”

**Count every minute:** They don’t have to do 60 minutes all at once. Short spurts throughout the day add up.

**Plan it:** Put play on the calendar so kids can see what’s planned. Or use something like the Let’s Move Healthy Family Calendar (<http://bit.ly/1OyEVXm>).

**Cut screen time:** Less screen time means more play time. Use the Let’s Move Screen Time Log (<http://bit.ly/1kwT3yb>).



**Take screen breaks:** When watching TV, everyone moves during commercials. Video game players take a break every 15 minutes. Older kids get homework breaks. Stand up, walk the stairs, do jumping jacks, dance — you get the idea.

**Make new habits:** Have the whole family come up with a list of habits they promise to keep. Here are a few examples:

- Always take the stairs instead of the elevator.
- Always park further away from the door.
- Always take a walk after dinner.
- Always walk to school on Fridays.

**Use apps and videos:** Look for kid-friendly yoga and exercise videos at the library and on YouTube. Try some apps, like:

- Sworkit kids (ages 7+) (<http://apple.co/1Qeczmf>)
- Super Stretch Yoga HD (ages 4+) (<http://apple.co/2aLlnki>)
- 7-Minute Workout for Kids (ages 6-8) (<http://apple.co/2aKkNkH>)
- Wipeout Create & Crash (ages 10+)
- Kinect Rush: A Disney Pixar Adventure (ages 7+)

More info on these games can be found at <http://bit.ly/1Feece9>.

**Make fun times active:** Schedule active outings for weekends, school holidays, or birthday parties. Ideas include:

- Bowling
- Mini golf
- Hiking
- Frisbee golf

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