

### Be healthy – be active

Children and adults need physical activity every day. Activity helps build better bones, muscles, joints and helps maintain a healthy weight. Physical activity can also reduce the risk of heart disease, type 2 diabetes and some cancers. Get active anyway you can - walking, riding, swimming, and playing active games such as Duck, Duck, Goose or Bull Rush.



---

### Great reasons to be active for children and parents

- ✓ boosts confidence
- ✓ improves fitness
- ✓ makes bones and muscles stronger
- ✓ improves posture
- ✓ helps maintain a healthy weight
- ✓ lowers the risk of heart disease
- ✓ reduces stress
- ✓ improves sleep
- ✓ reduces the risk of cancer
- ✓ improves self confidence
- ✓ teaches you new skills
- ✓ develops better motor skills
- ✓ makes a person happier with their body
- ✓ lower risk of disease including heart disease and cancer later in life.



---

### Did you know...?

Sedentary living causes over 20 different health problems including heart disease, type 2 diabetes and some cancers. Obesity can make nine different conditions worse including chronic back pain and stroke. Get active and stay healthy!



### Do an hour of physical activity everyday

Children need at least 60 minutes of activity each day. Children are not going to have enough physical activity while at school. Families can plan extra activity into their lives to make up the difference.

---

### Keep active in the colder months

Don't be a winter wannabe and let you and your children be sedentary this winter. Encourage children to engage in active play such as bush walking, bike riding, kicking the footy, or playing a game of tag all year round.



### Fundamental movement skills

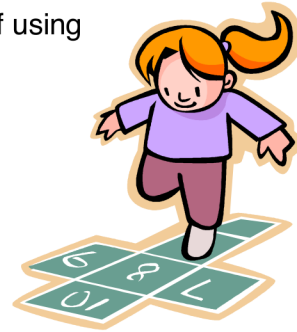
There is evidence that children with poor fundamental movement skills such as jumping, skipping, leaping, kicking, throwing and catching are less likely to be active. Give your kids a head start and teach them these skills.



---

### Easy ways to add physical activity to your day:

- ✓ walk to the store, the school or the playground instead of using the car
- ✓ allow time for children to play outdoors
- ✓ park the car away from the shops
- ✓ get off the bus one stop earlier
- ✓ don't use the remote control
- ✓ plant a veggie garden
- ✓ take the stairs instead of escalators or lifts
- ✓ schedule regular time each week for your family to be physically active together
- ✓ limit television time to no more than two hours per day or 14 hours a week.



---

### Rainy day activities



Keeping kids active and occupied during wet days can be challenging. Here are some active play ideas for children indoors:

- build a cubby house with sheets, chairs or cardboard boxes
- play hide and seek
- play basket softball and see how many times you can throw a foam ball into a washing basket - keep increasing the distance to make it more challenging
- have a dance competition or disco at home
- set a limit on the amount of time children spend in front of a screen (tv, computer etc).



---

### Active tips for busy families

- ✓ make time to be active as a whole family
- ✓ go out and play basketball, tag or soccer, throw a ball or ride a bike with your children
- ✓ meet friends or family in a park and take balls, hoops, Frisbees, bats or other outdoor games to play.
- ✓ Set a limit on television watching, computer time and video games to no more than 2 hours a day.



### Encourage fair play

Sport and games are a great way for children to learn about teamwork, rules, winning, losing as well as providing invaluable physical activity. Parents can encourage fair play by:

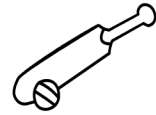
- ⊙ Emphasising effort and having fun, not just winning.
- ⊙ Cheering and acknowledging good play by both teams.
- ⊙ Talking about the game not the result.

For more information about encouraging fair play go to the NSW Sport and Recreation website [www.dsr.nsw.gov.au](http://www.dsr.nsw.gov.au) or phone 131 302.

---

### Physical activity can be:

- sport and organized games
- playing with the dog
- backyard cricket
- climbing trees
- housework
- dancing to music
- wriggling and moving is normal for children and can be regarded as activity so avoid asking them to stop!



---

### Ideas to get your family moving:

- Go outside and play chasing, ride bikes or throw a ball or a Frisbee.
- Encourage children to make their own obstacle course at home. You could use garden hoses as tight-ropes, chairs to crawl under, and the clothes line to run around. Include a skipping rope and some jumping. For variety ask them to walk backwards, hop or skip through the obstacle course. Time them to see how they are improving.
- Encourage your child to play outside whenever possible. Play along whenever you can.
- Be a good role model – be active when you're with children. What gets children moving is what parents do, not what they say. Children learn by example!
- Include games and walks in family outings.
- Negotiate a time limit on sedentary activities such as watching TV and playing computer games.
- Walking together is a good time to talk to children about their lives and yours.
- Be prepared, think about activities your family can do in and around your home. Have some plans for wet days.

