



Family Fitness

Patient and Family Education

What is the key to being an active family?

Fun is the key to helping your family become more active. Children take part in physical activity because they enjoy it. So – make it fun! Keep your activities simple and non-competitive. You are your family’s role model for being active.

How can I be a role model for my family?

You can be a role model for your family’s fitness by making physical activity a goal.

- Set aside time each day for activity.
- Get your whole family involved in games or other active play.
- Have physical activities at family gatherings and holidays.
- When you are involved, your child is more likely to want to be involved.

How does physical activity help my child and my family?

Physical activity helps your child because it:

- Increases muscle strength
- Helps to build strong bones
- Improves heart health
- Helps maintain a healthy weight
- Helps to develop sports skills
- Builds social skills and self-confidence
- Reduces stress
- Promotes family bonding
- Creates lifelong fitness habits

Why are children less active today and what can I do about it?

Children often have more barriers to being active. This chart lists some of the barriers and some things you can do to help.

Barrier	What you can do
<ul style="list-style-type: none"> • TV, computers and video games keep children from moving and active play. 	<ul style="list-style-type: none"> • Limit leisure “screen time” to 1 hour per day.
<ul style="list-style-type: none"> • Families are too busy. 	<ul style="list-style-type: none"> • Include at least one hour of active play time each day in your child’s schedule.
<ul style="list-style-type: none"> • Neighborhoods have busy streets and no sidewalks. • Playgrounds are not safe. • We spend more time in cars. 	<ul style="list-style-type: none"> • Take part in community activities that support child safety. • Walk to places nearby instead of taking a car when time permits.

In case of an urgent concern or emergency, call 911 or go to the nearest emergency room right away.

This is general information and is not specific medical advice for your child. Always consult your child’s doctor or other healthcare provider if you have any questions or concerns about the care or health of your child. A Children’s Healthcare of Atlanta pediatric advice nurse is available 24 hours a day at 404-250-KIDS.

Family Fitness, continued

What should the physical activity goal be for my family?

Each member of your family needs an hour of physical activity each day. If you are not active now, start with 10-15 minutes of easy activity. Slowly build up to an hour of moderate to vigorous activity each day.

What are some activities I can do with my family?

One idea is to play “Boredom Busters”. This is a game that can help your family feel more energized. Here’s what to do:

- Make a list of 15 fun indoor and outdoor activities that you can do for 10 minutes together as a family.
- Write each activity on a small piece of paper.
- Put each piece into a decorated shoebox labeled “Boredom Busters”.
- When it is time for a family activity, ask one member of the family to pull out a piece and enjoy the activity together!

Here are a few “Boredom Busters” to get you started.

- Kickball
- Relay races
- Beach ball or balloon keep-up
- Shooting hoops
- Hide-and-seek
- Flashlight tag
- Hot potato
- Line dancing
- Scavenger hunt
- Jumping rope
- Shadow boxing
- “Broom and Sock” hockey

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