

Appendix B: Ideas for Action

Physical Activity Ideas for Families

Kids and parents who are physically active tend to be healthier and happier. Physical activity is good for our bodies. It builds self-esteem. And when families are active together it helps build relationships, too.

As parents are role models, good physical activity habits should be practiced. Some good family physical activity ideas include:

- playing in the back yard or a nearby park
- go for a hike
- shoot some hoops
- play road hockey
- explore your neighbourhood
- cycle, scoot or skateboard
- go for a family swim at a recreation centre pool

(SOURCE: ACTNOWBC)

Some more things to do together include:

- walking to/from school or to/from the bus stop together
- play hide and seek both inside and outside of your home
- teach your children some basic skills like throwing, catching, jumping rope, hitting a ball, skating and dancing
- have children help with snow removal, and then make a snow sculpture
- rake leaves as a family, and then play a game jumping into them, then take some inside for a fall craft

(SOURCE: PHAC (FAMILY GUIDE TO PHYSICAL ACTIVITY FOR CHILDREN))