



## Physical Activity and Your Family

One of every four Hawaii adults is overweight, and a sedentary lifestyle is a primary culprit. Excess weight in children is also cause for concern. The *Dietary Guidelines for Americans* recommends more physical activity for both adults and children. Physical activity is the key to building and maintaining muscle mass while losing body fat. Yet for many families, increasing physical activity is more difficult than changing eating habits. Here's what parents can do to encourage more activity:

### Be a role model

Remember—what you do makes more of an impression than what you say. Nothing is more effective in encouraging physical activity than the example set by active parents.

### Keep it fun!

Focus on what your child likes to do.

### Balance sedentary time with active time

What would happen if you and your child made a rule that for every hour of TV or video you watched you also did an hour of some type of physical activity?

### Plan physical activities into your holidays and weekends

The key is movement of any kind. If you enjoy the outdoors, try water sports, hiking, cycling, skating, ball sports, even jumping rope. Fun indoor activities include ice skating, dancing, and gymnastics.

### Every little bit counts

Even a little bit of activity is a lot better than none at all.



### What turns kids ON?

- having fun
- feeling successful
- trying all sorts of activities
- having supportive parents and coaches
- playing with peers
- feeling that an active lifestyle is their choice

### What turns kids OFF?

- being forced to play through pain
- never improving
- being put down
- getting injured
- putting winning above all else
- doing the same thing over and over again

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Adapted from *Your Child's Fitness, Practical Advice For Parents*, by Susan Kalish.