



Hays Consolidated Independent School District

Tips from our Hays PE and Health teachers to Increase Physical Activity

- Try to walk 10,000 steps a day!
- Set aside time every day for daily activity. Make it part of your family's routine.
- Share activity ideas with other parents.
- Set a timer to remind kids to take an activity break away from the computer after 20 minutes.
- To avoid muscle injury, teach your kids to stretch their muscles.
- Children and teens need 1 hour of exercise each day to help their growing bones, heart and overall health.
- Have a picnic in the park.
- Prioritize your To-Do list to schedule family exercise and plan ahead for healthy meals.
- The heart's a muscle too. Give it a workout.
- Take the kids to your local middle school this weekend and run relay races around the track.
- All movement counts; teach the kids to take the stairs instead of an elevator today.
- Pump up your metabolism with activities like jumping, dancing and jogging.
- Take the kids to the nearby YMCA for some fun activities. Be an active family!
- Walking is the most popular exercise for adults. Teach your kids to walk for a healthy, daily activity.
- After a big meal, take a family walk and burn extra calories. It will also help you digest.
- Make the backyard or front yard into an obstacle course and have a family race!
- Exercise has even been proven to help kids sleep better and reduce stress.
- Promote activity rather than exercise to kids.
- Build healthy habits from their favorite activities.
- Start the day with a family stroll around the block.
- Commercials offer an opportunity to be active. Have your kids do some push-ups during the breaks.
- Doing laundry, gardening, and walking with the dog all count as being active.
- Grab a friend and challenge each other to walk a little farther each day.

- Moderate to intense daily exercise helps maintain weight for the whole family.
- For those extra hot summer days plan for indoor activities such as bowling, laser tag, or roller skating at a local rink. Even try at home video games such as Dance, Dance Revolution or the Wii fit.
- Walk to the nearest parks where they have jungle gyms. You might even want to try going down the slide with your kids.
- After dinner, teach kids to do a fun activity that will burn some calories like a set of jumping jacks.
- Playing catch is good fun activity and teaches eye to hand coordination.
- Gear up the bikes and map out a nice trail ride that emphasizes the beautiful outdoors.
- Plan for extra time and walk with your child to school today.
- Get laced up with sneakers and play classic favorites such soccer, baseball, basketball, tennis, football, volleyball or even Frisbee.
- Get the kids connected with nature. Walk in the park, plant a tree, start your own garden.
- You don't need a gym to be active. Go for a brisk family walk.
- Hiking can add excitement into your family's walking routine.
- Try bowling, the batting cage or miniature golf for some family fun.
- Rain or sunshine, turn on your child's favorite music and dance in the living room.
- Have family contests: who can jump rope the longest?
- Basketball is a fun activity that the whole family can do.
- The greatest influence on a child's health is their parents. The entire family needs to get up off the couch and move. Find a way to get sweaty together.
- Invite the neighborhood kids to play in an organized game or set up a family night with all the kids and adults.
- Play a simple game with the kids. Remember tag? It's fun and very active!
- Make a list of activities your kids like to do. Have kids pick an activity, then invite their friends! Being healthy is fun.
- Keep it fun. Exercise for children should be more of a game and less of a chore.
- Set up an obstacle course in your backyard or at a playground. Use a variety of obstacles to challenge individual skills. Let the kids get creative with incorporating some of their favorite sporting equipment.
- Exercise can help increase your family's healthy "HDL" cholesterol.

- Indoor workouts can help keep your family fit through winter and present an opportunity to try new exercises.
- Praise children when they are active. Show your kids the importance of exercise.
- Keep a physical activity chart on your refrigerator to encourage kids to be active every day.
- If your child is not into sports, it's best not to pressure them. There are many other activities they can choose from that are not competitive.
- Children like things that are familiar. Repeat favorite activities often, adding slight variations.
- Taking the kids shopping, increase activity by taking stairs instead of the escalator or elevators
- Take a look at a list of summer programs at your local recreation department or youth center. These sessions will encourage a routine for physical activity and may even introduce your children to a new sport.
- If your child likes to read, walk or bike to the neighborhood library for a book
- It's autumn and the leaves are changing color. Take the kids on a nature walk and see how many different colored leaves you can find. Collect leaves and rocks that your child can use to make a collage.
- Limit other sedentary activities, such as text messaging or chatting on the phone
- Go on a family bike ride through the neighborhood.
- Hit the beach! Walking in the sand uses more muscles and burns more calories.
- Take a break from the stress for a brisk 10-minute walk
- Split exercise up throughout the day (20 minutes in the morning, 10 minutes at lunch, etc.). It all adds up!
- Touch football party
- Visit a swimming pool
- Fly a kite on a grassy field or beach
- Miniature golf
- Potato sack races
- Talk about physical activity as a fun lifelong way to take care of your body and balance your food and energy, rather than viewing it as a chore
- Practice Your Cartwheels

- Walk like a spider.
- Hop like a bunny.
- Start small, gradually adding new activities to your routine
- Set aside time each day for physical activity
- Organized sports are great but there are many other activities children can do to be active that are not competitive. Let them select or choose as a family
- If your child likes to climb, head for the nearest neighborhood jungle gym or find a good tree!
- Let each child take a turn choosing the activity of the day or week
- Ask them to decide how they would like to use their 1-2 hours of "screen time"
- Avoid putting a television in your children's bedrooms
- Keep the computer in a family area.
- Stretch like a cat.
- Sledding
- Play Duck, Duck, Goose or London Bridge
- Ice skating party
- Celebrate accomplishments with fun activities instead of food or extra TV time
- Create sidewalk art with chalk and play hopscotch

Ways to add little bits of activity to each day

Spare time before school - Actively participate in making lunch, or help younger siblings get ready for school

- Do some body wake-up exercises (push-ups, sit-ups, burpees or stretches)
- Dance to some music

On the way to school - Be active along the way

- Walk, ride, scoot, skip or rollerblade to school, with helmet and safety gear.
- Join a walking school bus or bicycle train.
- Get dropped off a few blocks from school and walk the rest of the way - with a friend, or group of friends (not alone).
- If dropped off at school, walk the perimeter of the school or the fields before the bell rings.

During class time - Take a movement break

- Stretch your arms and legs while sitting at your desk
- Body presses (with arms extended, press your body weight up off your seat and lower yourself down slowly)
- Take books back to the library
- Go pick up notices at the office
- Squeeze on a stress ball (sponge / rubber)

At recess and lunch - After a healthy snack and lunch, choose to move

- Skip, play tag, dodgeball, basketball or soccer
- Participate in intramural activities like dance or floor hockey

On the way home from school - burn extra energy at the end of your school day

- Walk, ride, scoot or rollerblade (with helmet and safety gear)
- Join a walking school bus home
- Get dropped a few blocks from your house and walk the rest of the way

After School, before or after homework is completed...

- Stay after school for 15 minutes to play on the playground or fields with your friends
- Take the dog for a walk
- Take part in sports practice or game
- Have a friend over to play outside

Dinner Time - Sit down altogether for dinner. Check in and find out what has happened in everyone's day

- Help set and clear the table
- Help prepare the food (i.e. grate cheese, wash lettuce)
- Dance to tunes as you wash and dry the dishes

Evening - Complete homework, then participate in a scheduled activity

- Go for an evening walk together as a family
- If you haven't had an active day, try to fit in one more activity before bed