



***For you and your child:***

***Fit Physical Activity into your Schedule Every Day!***

- Encourage a “1 hour rule” for inactivity. Don’t allow your children to sit for more than 1 hour without moving.
- Walk or bike to the store, park or your friends house instead of driving.
- Encourage your children to play before and after mealtimes.
- Play with your children! Jump rope, play hopscotch, dance, walk around the block or build a snowman. Get the whole family involved.
- Be active for an hour or more after school or work.
- Play outdoor games like tag, kickball, basketball, softball, badminton, etc.
- Play with your pet outside or take him for a walk with your children.



***Tips to make it easier:***

- Make gradual changes each day to increase your activity level.
- Keep it fun! Do activities that you enjoy and encourage your children to do the same!
- Be consistent. If you decide on the “1 hour rule” or set aside a specific time for activity...stick to it!

5-2-1-0 was developed by the American Medical Association, the Centers for Disease Control and Prevention, and the Maternal and Child Health Bureau to address America’s health crisis of overweight and obese children and families.