

The UK HEEL program website is packed with useful information, including previous health bulletins. Visit us at www.ca.uky.edu/HEEL







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THIS MONTH'S TOPIC:

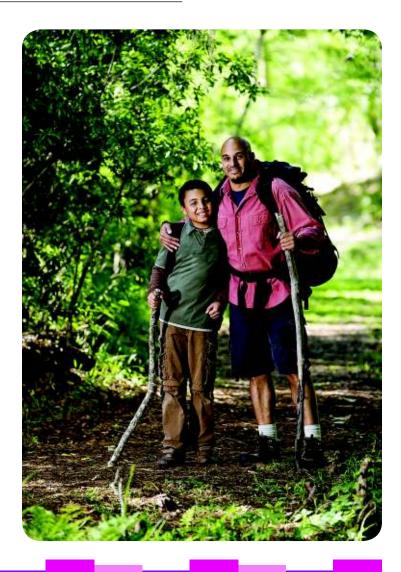
PHYSICAL ACTIVITY

hysical activity can be fun for both you and your child. You can help your child get moving:

- Be physically active yourself. If your child sees you participating in activities, he or she will be more likely to join in
- Plan family time with physical activity.
 - Go for a hike, a walk, or a bike ride together.
 - Play a game of tag together.
- Make chores a family affair.
 - When working around the house, you and your child are getting a workout.
 - Wash the car together or weed the garden.
- Set limits for non active times.
 - Limit the amount of time spent on the computer, watching TV, and playing video games.
- Set Goals!
 - Together with your child, set a specific goal for physical activity.

Continued on the back





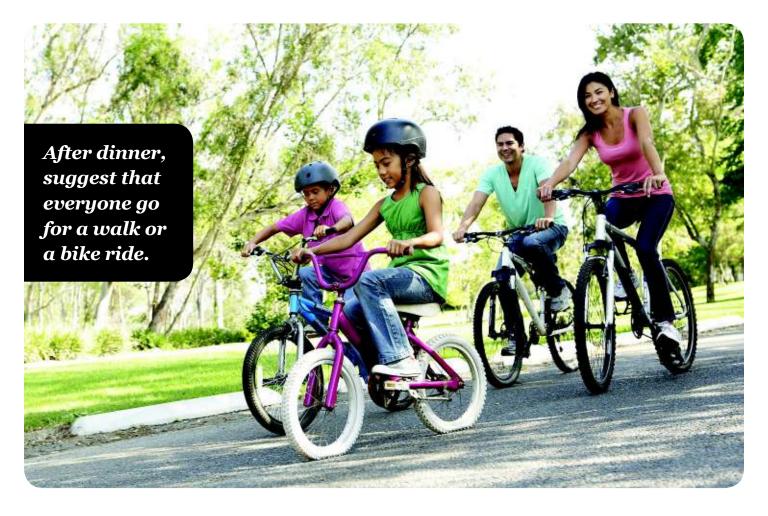








Together with your child, set a specific goal for physical activity.



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Time for physical activity

Try to get your child to be physically activity throughout the day.

Morning

- Even though it is a very busy this time of day, there are still chances for physical activity.
- Household chores such as making the bed or straightening the bedroom will add activity to your child's day.

Afternoon

 Ask what your child did at recess everyday.

 Offer suggestions like walking around the play area or playing a game with friends.

Evening

• After dinner, suggest that everyone go for a walk or a bike ride

PARENT

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Download past health bulletins!

www.ca.uky.edu/ HEEL/Bulletins

