



Get Your Family Active - Be healthy and have fun!

It's important for children to have opportunities for active play.

Children develop different skills when they are active and moving around. When children have a chance to move around and “use up their energy,” they eat and sleep better, and they may manage their behavior better too.

Children need one hour of active play every day and shouldn't watch TV or play video games for more than 2 hours per day.

One hour of active play might sound like a lot, but it can be split up into several 15 minute periods throughout the day. There are lots of ways to be active!

Help Your Child Be Active Every Day

Take your child to the park on your way home

Jump rope or play hopscotch or tag

Be active indoors – Dance or jump to catch bean bags, balloons or bubbles

Walk with your child to school, stores, and shops

Take the stairs instead of the elevator

Get off the subway or bus one stop earlier

Let your child help with sweeping, vacuuming or shoveling snow

For more ideas, check out:

NYC Department of Parks and Recreation <http://www.nycgovparks.org/>

YMCA <http://www.ymca.net/>

**For more information about the Harris Obesity Prevention Effort (HOPE),
please visit our website at www.hopenyu.org**

