

FitFacts®

Fit Parents Raise Fit Kids: 8 Ways for Parents to Get Moving!

CHILDREN WHOSE PARENTS ARE PHYSICALLY ACTIVE ARE NEARLY THREE TIMES MORE LIKELY TO BE ACTIVE THAN KIDS WHOSE PARENTS ARE NOT ACTIVE. HERE ARE SOME WAYS TO INTEGRATE PHYSICAL ACTIVITY INTO YOUR DAILY ROUTINE. THE BENEFITS EXPAND BEYOND INSPIRING YOUR KIDS – YOU WILL IMPROVE YOUR MENTAL, PHYSICAL AND SOCIAL HEALTH.

Wear a pedometer and set “steps” goals. The mere act of putting on a pedometer and tracking your steps will help motivate you to add steps into your day. The extra steps gained from taking the stairs instead of the elevator and spending 10 minutes walking during lunchtime add up.

Make sure your girls’ or guys’ “nights out” include fitness. Whether that’s checking out a new group fitness class, arranging a pick-up game of basketball or walking together to a restaurant, pick something active when it’s your turn to decide what to do.

Be active with the kids. When is the last time you played Tag or Simon Says with your kids? How about a family bike ride, run, or a game of H-O-R-S-E? Pick something that the kids (and you) love to do, and go for it!

Take time for you. Hire a babysitter for an hour, or consider joining a gym that offers adult and youth programming at the same time so everyone will be active. Take time to take care of yourself and you’ll do an even better job taking care of the kids.

Consider DVDs and home exercise equipment. Make sure the routine and equipment you need are readily available so when the opportunity arises, you can get in a few minutes of activity.



Partake in a new adventure with your spouse. Optimize your fitness success by getting your partner to join in. From learning a new sport, to finishing a half marathon, to hiking the Grand Canyon, set a goal and hold each other accountable for achieving it.

Schedule activity into your day. You will be more likely to stick with your physical-activity program if you put it on your calendar – have a standing exercise appointment that is only canceled on rare occasions.

Make it a family affair. To help strengthen the family bond, set aside time each week for “family days” (even if it’s more like “family two-hours”) and do something fun and active together like going to the zoo.

ADDITIONAL RESOURCES

[American Council on Exercise](#)

[WebMD](#)