

Nutrition On Your Own

Get Moving, Feel Great, Lose Weight

Ideas for activities you and your family will enjoy

Being Active Means Feeling Great

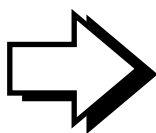
Remember the good feeling you have after walking or dancing? Being active helps you feel good. Plus, it promotes good health and helps keep weight down. Adults and children need activity, so get your whole family up and moving.

Here are some ideas on how to get more activity into your family's week. Circle the ones that look good to you:

- **Cut back on watching TV.** One day a week, skip TV entirely. Use the time to be together and be active. Go for a walk or play Frisbee in the yard.



Do less of this.



Do more of this.

- **Play with your children.** Try hopscotch, Frisbee, and playing tag with them. Or go to a local playground and join your children while they play.

- **Walk your child to or from school.**

- **Walk at work during breaks or lunch.**

- **Climb stairs whenever possible.** In malls, use the stairs, not the escalator. In tall buildings, get off the elevator one or two floors too soon and take the stairs the rest of the way.

- **Walk around the field or climb the bleachers while your children play baseball or football.** Avoid just sitting in the bleachers for the whole game.

- **Invite friends over for softball, dancing, or another activity.** It is a great way to have fun and keep fit. And children love it.



- **Join a local dance group.** Many cities have dance groups for the whole family. Your family can square dance or folk dance. Take the kids, and have a wonderful evening.
- **Make sure that everyone in your family has a favorite activity to do regularly.**

What's your idea to get your family more active? _____



Just Do It!

Make a change in your family's health. Pick one way you can get more active during the next two weeks. Examples of activities are listed below:

- Walking
- Playing Frisbee
- Playing with your children (e.g., hopscotch, Frisbee, tag, or going to a local playground and joining your children while they play)
- Walking your child to or from school
- Walking during work breaks or lunch
- Climbing stairs whenever possible
- Walking around the field or climbing the bleachers while your children play baseball or football
- Inviting friends over for softball, dancing, or another activity
- Joining a local dance group
- Make sure everyone in your family has a favorite activity to do regularly.
- Other _____

I will _____ every _____
(Day or Week)

from _____, 20 _____ until _____, 20 _____ .
(Month Date Year) (Month Date Year)

Now, talk about this lesson with the WIC staff.

Be sure to take this sheet home. Put it where you will see it every day. It will remind you of the activity you will do.

Enjoy getting active and feeling great!

For more information or for alternate format requests, call 971-673-0040.

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