

Parent Corner

Ways You Can Help Your Teen be Physically Active with the whole family

- Create a new family physical activity tradition
 - Example: Make Saturday morning family walk time
 - Example: Make Thursday night family dance party
- Teach your teen a traditional dance that you learned when you were young.
- You are an important role-model for your child. Show your child that you are active and having fun.

What are examples of physical activities families can do together?

Hiking, biking, walking or running, dancing, playing frisbee at the park, building a garden, and planting trees are just a few ideas to get you started. Brainstorm a list of your favorite things to do together!