



Family Fitness is Priceless

Our bodies are made to move! Being physically active everyday...

- Helps keep the heart and lungs healthy
- Builds healthy bones, muscles, and joints
- Boosts energy and promotes sound sleep

Physically active children feel good about themselves and are happier. Make physical activity part of your family routine. It is a priceless gift to give your children.



How Much?

Children need at least 60 minutes of physical activity per day. More than 60 minutes is even better. Competitive sports are only one option and may not be the best choice for all children. Children should learn skills for lifetime fitness, including individual activities such as swimming, hiking, dancing, and bicycling.

A Family That Plays Together Stays Together

Brainstorm different fun activities that your family could do together. It is also important to stay active during the chilly winter months. What does your family like to do during the winter or for indoor activity? Here are ideas to get you started:

Get Moving Indoors

- ❑ Play a dancing video game
- ❑ Set-up a mini-golf course
- ❑ Make a scavenger hunt
- ❑ Play hide-n-seek
- ❑ Act out a story
- ❑ Create an obstacle course

Get Moving Outside

- ❑ Play hopscotch
- ❑ Garden or pull weeds
- ❑ Take the dog for a walk
- ❑ Wash the car
- ❑ Shovel snow
- ❑ Try skating or roller blading
- ❑ Fly a kite

Cucumber Bites



- 1 medium cucumber
- $\frac{1}{3}$ cup cottage cheese
- $\frac{1}{4}$ cup shredded Cheddar cheese

1. Wash hands with soap and water. Gently rub cucumber under cold running water. Cut into $\frac{3}{4}$ " slices. Use a spoon to remove part of the seeds from the cucumber slices, leaving a small "dip" in the slice.
2. Fill the "dip" with cottage cheese. Sprinkle with shredded cheese. Try using other fillings such as finely chopped fresh veggies mixed with ranch dressing. Be creative! Makes 3 servings. Each serving contains 71 calories, 3.6 g fat, 4.65 g carbohydrate, .5 g fiber, 164 mg sodium.

Source: Move Your Way for Parents, Office of Disease Prevention & Health Promotion, <https://health.gov/moveyourway#parents>

Check out more Food Fun for Young Children Newsletters at: <http://go.unl.edu/youngchildren>