

How to Get Your Kids Moving!

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The Physical Activity Guidelines for Americans recommends that children ages 6-17 should be getting at least 60 minutes or 1 hour of physical activity each day. This hour should include aerobic, muscle strengthening, and bone strengthening activities. Dedicating only 5% of their day to staying physically active may sound like a small feat, but with the appeal of movies, air conditioning, video games, and social media, it is becoming more and more challenging to get our children excited about physical activity. Here are tips and tricks to get your children away from a screen and moving.



Make Movement Fun

It is hard to compete with an interactive video game, so it is especially important to market physical activities in such a way that kids look forward to participating in them. These are ways to make movement fun, exciting, and a part of their daily routine.

1. **CHECK LIST** – create a checklist for your kids that includes 20 minutes of physical activity before any sort of electronics. Kids will love the feeling of accomplishment of checking it off their list, but also may just come back for more when they see the fun they have with physical activities.
2. **ACTIVITY JAR** – many times it is challenging to think of an activity. “Walk around the yard” does not sound very enticing. With the help of the kids, write down a long list of fun activities including tag, basketball, relay race, soccer, yoga, etc. and put them into a jar. When it comes time to get moving, have them draw out an activity
3. **FIT DICE** – find a pair of dice and write down an exercise that corresponds with each number. Roll the dice and complete the exercise with the other dice providing the number of repetitions that must be completed.

*This newsletter was peer-reviewed and updated in 2025. Check out more Family Fun on the Run articles:
<http://go.unl.edu/familyrun>*

Think Variety

It's essential for children to engage in physical activity that not only promotes movement but also helps them develop endurance, build muscle, and strengthen their bones. Below is a list of ideas for activities. Select those that are age appropriate:

- **AEROBIC:** Nature walks, relay race, duck-duck-goose, swim lessons, sports camp, online dance lesson, choreograph dance, exercise video, bike ride
- **MUSCLE-STRENGTHENING:** Yoga, tug of war, modified pushups, sit ups, rope/tree climbing, playground play, monkey bars, gymnastics, water bottle weights
- **BONE-STRENGTHENING:** Hopscotch on the sidewalk, running, jump rope, basketball, volleyball, tennis

Sources:

1. What Counts for Children and Teens? CDC: <https://go.unl.edu/what-counts-cdc>
2. Physical Activity for Children: An Overview, CDC: <https://go.unl.edu/activity-children-cdc>