



Did you know that experts recommend a total of 60 minutes of moderate activity daily for children? Regular physical activity can help children achieve energy balance and increase the likelihood of being active adults. Energy balance is eating and drinking (energy in) to provide the right amount of fuel our bodies need for healthy growth, everyday living and physical activity (energy out). Try the following activities to move more and achieve energy balance as a family.

Take it outside. Explore local parks and trails for fun, free activity. Play “tag” or throw around a Frisbee. Go on a walk and explore your neighborhood. Take along paper and a pencil and write down the locations of parks and playgrounds, neighbors’ homes, and other places you visit on foot. At home, pull out the construction paper and crayons, and create a big map using the information you wrote down on your walk. Use this as an opportunity to teach your child how to walk safely to and from home.

Get active indoors. Turn on some music and have a dance-a-thon. Play indoor hopscotch. Or form a pretend marching band with pretend instruments and march all throughout the house.

Walk, don’t ride. Are you within walking or biking distance to school? Is walking or biking to school a safe option for your child? Many schools have safety patrols, crossing guards or walking programs in place, like the Walking School Bus, to help children walk or bike to school safely. If walking or biking to school is an option for your child, give it a try.

If you don’t live within walking or biking distance, consider getting a group of parents together to coordinate a Drop and Walk program. Drop and Walk programs involve parents dropping off their children at a safe place within walking distance to school. The children walk to school from there.

For more ideas on how to achieve energy balance as a family, visit www.nrgbalance.org.

nrgBalance 12345! highlights five recommended behaviors for maintaining good health and provides simple, practical tips for helping families achieve energy balance every day.

- 1** One or more hours of physical activity each day
- 2** Two or less hours of screen time each day
- 3** Three balanced meals each day
- 4** Four or more cups of water or low/no-calorie beverages each day
- 5** Five servings of fruits and veggies each day