

## Nurses' Nook....Ways to get moving as a family!

It's hard to believe the New Year is just around the corner and along with that comes New Year's resolutions. It is often a time that families make commitments to maintain a healthier diet and exercise more. We all know that the demands and stresses of life and school can quickly interfere with those goals. Children age 6 and up should get at least 60 minutes of moderate to vigorous physical activity every day. (This is something that can be broken down into chunks throughout the day.) Children under age 6 should be active in a way that's right for their age and development. Fifteen minutes of active play of some type for every waking hour is a good rule of thumb.

Try to limit your and your child's periods of inactivity.

Here are some tips to help jump start those resolutions and hopefully make them a life long change:

- Take a walk together, which also encourages talking and sharing.
- Jog around the house, yard or playground.
- Dance around the house to some fun music, which will produce laughter and giggles.
- Go for a bike ride or scooter ride.
- Try using a deck of cards, assigning each number on the card and each suit a particular exercise. For example, a face card could represent 10 repetitions, and the suit spades could be a particular exercise, like sit ups.
- Give gifts that inspire movement, hula hoops, balls, fitbits or pedometers and so on.
- Set up a reward for whoever gets the most steps in a week.
- Have healthy choices in the refrigerator that are quick to grab and go.
- Go grocery shopping together and plan out healthy snacks and meals.

As always, check with your own doctor and your child's pediatrician before starting any exercise plan.

We want to wish you all a happy and healthy holiday season. Here's a little video to help you stay healthy!

<https://youtu.be/hCebthk9b2A>