



**Bayside Medical Group, Inc.**

www.baysidemed.com

**FITNESS**

## Encouraging Kids to Become Fit

1. Keep yourself physically fit as an example to your children.
2. Encourage healthful living at home (adequate rest, nutritious food, medical and dental care, and regular exercise).
3. Buy toys that give children a good physical workout as well as fun.
4. Equip the backyard or basement with exercise or sports equipment.
5. Involve children in work around the home that involves exertion, such as mowing the lawn, raking leaves, and shoveling snow.
6. Encourage children to walk or ride their bikes to school and other places that are within a reasonable distance.
7. Plan “physical” family activities such as hiking, camping, square dancing, swimming, roller skating, or skiing.
8. Decorate the house with posters and pictures showing physical conditioning, sports, Olympic, gymnastic, or dancing themes to encourage the family to participate in athletic activities.
9. Team up with one or more of the children in a walking program three times a week, away from the distractions of the phone or video games. This is a wonderful time for family members to really talk to each other.
10. Assist children with their gym “homework” by planning activities to complement what they are doing in PE class.

