



For Parents: 20 Family Fitness Tips

1. **Schedule** a regular time throughout the week for **PHYSICAL ACTIVITY**.
2. **Take turns selecting** an **ACTIVITY FOR THE FAMILY** to do each week and make sure you adapt all activities to suit those with special needs.
3. Remind your kids to **RECORD** their **nutritional intake** and **physical fitness** activities in their **CircusFitSM** daily log.
4. **DESIGNATE** indoor and outdoor **play areas** where rolling, climbing, jumping and tumbling are allowed.
5. Buy toys or equipment that **PROMOTE PHYSICAL ACTIVITY**.
6. **LIMIT** time your children spend **watching television programs, videotapes, and playing computer games**.
7. **USE PHYSICAL ACTIVITY** rather than food as a **reward** (e.g., family goes in-line skating).
8. Prepare **NUTRITIONAL SNACKS** and **MEALS** for school lunches, family outings and weekend trips.
9. Keep **FRESH FRUIT** and **VEGETABLES** washed, cut up, chilled and readily available for post-exercise snacking.
10. **Encourage your school board** and **administrators** to make **PHYSICAL EDUCATION** and **ACTIVITIES** a priority.
11. **Enroll** your kids in an **AFTER-SCHOOL PROGRAM** that involves physical activities such as a local community center or sports program.
12. **Volunteer** with an **AFTER-SCHOOL PROGRAM** that focuses on physical fitness like Little League, karate, dance or soccer.
13. **Explore** the **OUTDOORS**. Take your family hiking, camping, or for a bike ride.
14. **Assign HOUSEHOLD CHORES** to kids that involve physical activity such as shoveling snow, raking leaves, planting a garden, or walking the dog.
15. Use your family's video camera to create a **FAMILY WORKOUT VIDEO**.
16. Plan a **VACATION** around physical activity such as whitewater rafting, snorkeling, or hiking in the Grand Canyon.
17. **LIMIT** eating meals at **fast-food** restaurants.
18. **ORGANIZE** a neighborhood soccer, baseball, or basketball game **with other families on your street or block**.
19. **QUIT** the "clean plate club". Let your kids stop eating when they feel they've had enough.
20. **Be a good role model for your kids**. Eat nutritionally, drink lots of water, be physically active, and limit your time on the computer and in front of the television.