

Easy, fun ways to get you and your child exercising
(free tips right from Dr. Susan's book!)

- Park at the FAR end of the parking lot and run or skip to the store.
- Wash the car, bikes or outdoor furniture. When you're getting soaked it doesn't seem like exercise!
- Turn off the TV and the computer and play! Even a board game uses more energy than lying on the couch. Getting outside is even better.
- Don't let bad weather keep your family from being active—put on rain gear or a heavy coat gloves and get outside for a walk.
- Go on a nature walk—search for leaves, rocks or other interesting objects in nature—you and your child won't even feel like you're exercising.
- Always keep a ball or Frisbee in the back of your car—you never know when you'll come upon a great park or beach—physical activity should always be at the top of your mind.
- Take a walk with your preteen or teen, you'd be surprised what a great time it is to chat!
- Invest in an active video game like Dance Dance Revolution—you'd be surprised how kids love to dance and the graphics and competition can keep them engaged for hours.