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Getting Your Family Physically Active

The best way to increase a family's physical activity is to get everyone involved in it together. When you find fun activities everyone can enjoy, it's much easier to get off the couch and away from television and computer screens. The support and encouragement of family members also makes it easier to stay on track.

Here's how to get started:

Establish goals that you and your family can achieve.
If you stick with it, physical activity will become a part of your routine. Effective goals are specific, achievable and forgiving. "Exercise more" is a great idea, but "take a 30-minute walk after dinner" is more specific and easier to achieve.

Schedule your physical activity.
Start by identifying at least three 30-minute time slots a week for activities like taking a walk, playing sports or doing active chores. Choose times of the day or week when everyone is free.

Add up your time.
Use the refrigerator or some other central spot to post an activity chart that tracks your progress. Remember, every little bit counts.

Be flexible.
If a conflict comes up, don't cancel the activity; reschedule it.

Here when you need us.

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