

## Daily Tips

### PHYSICAL ACTIVITY THERAPEUTIC RECREATION



Create an “indoor recess” box or basket filled with toys, exercise equipment, music CDs, fitness videos, pom poms or dress up clothes. Let this be your “go to” basket when you have free time in the evenings to encourage active play at home.

Set up stations throughout the house where kids can be active. Let the stairs be its own station! Hula hoops, skip its, jump ropes, stretch bands, stability balls and small hand weights are all great resources!

Do your children want to watch a movie? Hide it somewhere in the house. Leave clues in each room, requiring them to do 10 of a specific exercise, then move on to the next clue to find their treasure!

Scavenger hunts in the house to find our favorite toys: hide 10 matchbox cars, power rangers, babydolls, or any other toys your child enjoys playing with throughout the house, then “ready... set... GO!” Time them to see how quickly they can find all 10!

Make active rules for card and board games: For example: 1 jumping jack for every card drawn when playing UNO, 5 toe touches if you get skipped, or 2 frog hops if you change the color. Playing a board game with dice? Roll a pair of fours? That’s 8 jumping jacks before you can move your game piece. Be creative, involve the children in the rule making, and have FUN incorporating exercises into sedentary games. The more active rules you make, the more calories you’ll burn as a family!

Get pedometers for everyone in your family and set a family goal. Plan walks together and log your steps at the end of each day. Reward yourselves for meeting your goal with a day at a park or pool, going bowling, skating or even a movie night!

Talking on the phone? Make it a rule that we have to keep our feet moving until we hang up!

Like music? Turn it up LOUD! CDs, the radio station, music videos, they all do the trick! Dance around the house, learn line dances on YouTube, play musical chairs, or freeze tag with music. Have a limbo competition with the broom stick or play Simon Says.

Put in a fitness video instead of turning on cartoons. There are fitness videos for children and adults of all ages! Borrow them from friends, family or neighbors or put a few on reserve at your local library. If your children lose interest, mute the volume and play their favorite music to encourage them to keep moving!

Have a favorite show? Make it a rule that everyone watching must get up and move during the commercial break. 1 hour of television equals about 15 minutes of commercials. That’s 15 minutes of movement we could use to rev our engines! Not sure what you can do? Use the exercise ideas below. Write them each down on a small piece of paper and fold them up. Keep them in a shoe box and draw one out during each commercial. Store it under the couch until the next show!

#### Exercise ideas:

- hop like a frog
- arm circles
- jumping jacks
- toe touches
- wall sit
- crunches
- wall push ups
- spin in a circle
- line jumps
- arm curls with a full water bottle
- pretend jump rope
- jog in place