

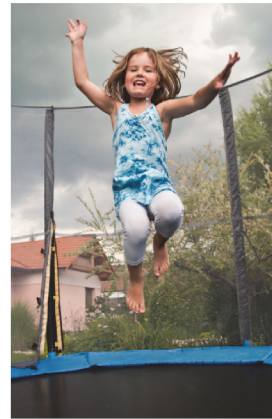
Try setting a goal...

Set a goal every week for increasing your family's activity. Get your children involved in setting the target.

Examples could be: -

- ⇒ This week, we will walk to and from school/the shops on at least one day.
- ⇒ This week, we will watch no more than half an hour of TV every day.
- ⇒ This weekend, we will take a football to the park and have a kick around.
- ⇒ This week, we will put some music on and dance for 10 minutes every day.

Try sticking it up on the fridge, so everyone remembers this week's activity!



Useful Websites for activity ideas:

www.nhs.uk/change4life
www.dayoutwiththekids.co.uk
www.visitheartofengland.com
www.iknow-westmidlands.co.uk

www.bhf.org.uk/heart-health/prevention/tips-for-parents/keeping-children-active.aspx

Visit your local library or leisure centre to access the internet for free!



What if it rains?

- ⇒ Go out anyway! Children love splashing in the mud and puddles
- ⇒ Try a game of 'Wiggly Worms': children lie on the floor on their tummies with hands by their sides and see how far they can wiggle around the home
- ⇒ Get cleaning. Dusting, sweeping and tidying are all great exercise
- ⇒ Build a den using cardboard boxes and sheets and blankets
- ⇒ Have a game of 'musical bumps'. When the music stops, bump to the floor. Last one on the floor is out.

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 Young boys playing football and Brother and sister outdoors on bicycles/Monkey Business Images

Boy on monkey bars/Karin Jaehne
 Little girls rake autumn leaves in garden/Ints Tomsons
 Girl jumping on trampoline with cloudy sky in the background/Martinan