



## Family Time, Active Time

### Ideas to get you started

- Go for a family walk and enjoy the freshness of spring, warmth of summer or crisp fall or winter air.
- Build a snow family, go sledding or make tracks in the snow.
- Play an active game such as kick ball or Simon says.
- Turn on some music and move to the beat.
- Involve kids in yard work, shoveling snow or work around the house.
- Participate in family activities in your community such as activity night at school.



Photo credit: USDA, Food and Nutrition Service

### Be active your way – no matter what your ability.

Being physically active is important for everyone, even if you or a family member has a disability. The best way to be active is to choose activities that you like and will do. Check out the possibilities at your local recreation center or through Special Olympics.

Examples of activities that may be appropriate or easy to adapt for individuals with a disability.

- Yoga
- Adaptive cycling or volleyball
- Swimming or water aerobics
- Weight lifting

Source and for more information: [National Center on Health, Physical Activity and Disability](#)

For more information, please contact your county UW-Extension office:

<http://counties.uwex.edu>

### How much physical activity is recommended?

Kids need at least 60 minutes of active play each day to stay healthy. Adults should try to be active for at least 30 minutes most days of the week.

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## Being active: Why does it matter?

Physical activity is one of the most important parts of living a healthy life for children and adults. It helps us have healthy bones, get better sleep, have a healthy weight and have better control of blood sugar and blood pressure.



Photo credit: USDA, Food and Nutrition Service

Being active as a family has even more benefits. It shows children that being active can be fun and gives families an opportunity to be together. Even planning activities together can be enjoyable!

For more tips, see [Be Active as a Family](http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet29BeAnActiveFamily.pdf), <http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet29BeAnActiveFamily.pdf>

Adapted from eXtension.org, [Make Family Time Active Time](http://www.extension.org/pages/25834/make-family-time-active-time#.VUpItPIVhHw), <http://www.extension.org/pages/25834/make-family-time-active-time#.VUpItPIVhHw>

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Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish).

For any other information dealing with Supplemental Nutrition Assistance Program (SNAP) issues, persons should either contact the USDA SNAP Hotline Number at (800) 221-5689, which is also in Spanish or call the [State Information/Hotline Numbers](#) (click the link for a listing of hotline numbers by State); found online at [http://www.fns.usda.gov/snap/contact\\_info/hotlines.htm](http://www.fns.usda.gov/snap/contact_info/hotlines.htm).

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