

## **The Good Behavior Game:**

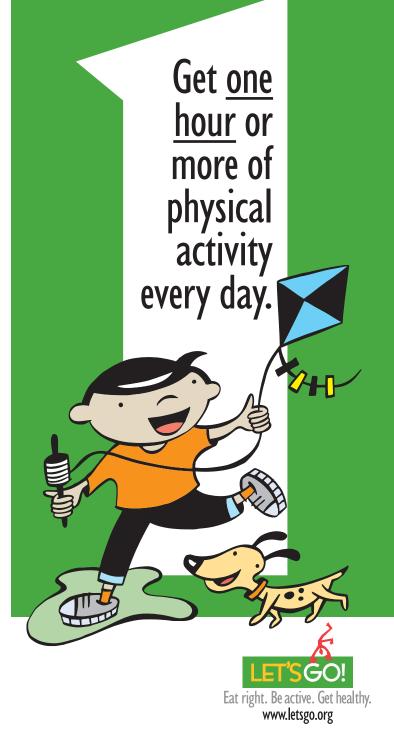
- Write a short list of good behaviors on a chart. Mark the chart with a star every time you see the good behavior.
- After your child has earned a small number of stars, give him or her a reward.
- Give your child extra play time before or after meals as a reward for finishing homework.
- Avoid giving your child extra time in front of the screen as a reward.
- Choose fun, seasonal activities.
- Encourage your child to try a new sport or join a team.



5 or more servings of fruits & vegetables
2 hours or less recreational screen time
1 hour or more of physical activity
0 sugary drinks, more water & low fat milk







# **Did** you know?

One hour of **moderate** physical activity physical activity means:

• Doing activities where you breathe hard like hiking or dancing.

20 minutes of **vigorous** physical activity means:

• Doing activities where you sweat, like running, aerobics, or basketball.

Physical activity...

- Makes you feel good
- Helps you keep a healthy weight
- Makes your heart happy
- Makes you stronger
- Makes you flexible



# Redy's Rules

### Move An Hour Every Day!

Encourage at least an hour of daily physical activity...for kids and adults!

#### Let Physical Activity be Free and Fun!

- Take a walk with your family
- Play with your pet
- Play tag
- Take a bike ride (remember to wear your helmet)
- Turn on music and dance
- Jump rope
- Play Frisbee
- Take the stairs
- Park the car at the end of the parking lot
- Make snow angels

# Tips from Redy

## Make Physical Activity Easier.

- Make gradual changes to increase your level of physical activity.
- Incorporate physical activity into your daily routines.
- Try tracking the level of your physical activity using a pedometer.
  - Turn off the TV and computer and keep them out of the bedroom.
- Limit recreational computer time.
- Choose toys and games that promote physical activity.
  - Encourage lifelong physical activity by incorporating physical activity into your routine.
    - Keep physical activity fun!!

### Be A Role Model.

- Use a pedometer.
  - Take a walk after dinner.