

## Staying Active with Your Family

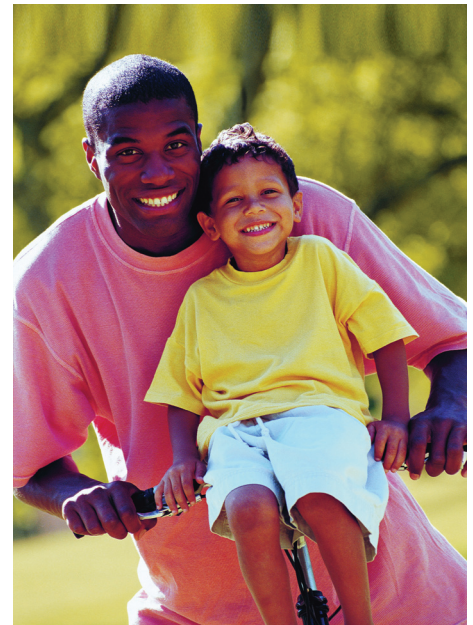
Follow our tips below to keep yourself and your family active by building exercise into your daily activities. To view or download Hill Physicians' *Nutrition Fit: Exercise to Lose Weight* video and the rest of the *Nutrition Fit* series, visit [www.HillPhysicians.com](http://www.HillPhysicians.com), where you can also find recipes, health tips, and more.

### Emphasize activity, not exercise.

The activity you do doesn't have to be a structured exercise program - just get moving. Skating, riding a bike, jumping rope, walking with friends, and dancing are all great ways to get moving. Ask your kids to suggest something that they like to do or wish they could try.

### Limit recreational screen time to fewer than two hours a day.

A surefire way to increase your activity is to limit the number of hours you and your family spend watching TV each day. Other sitting activities like playing video games and computer games or talking on the telephone should also be limited.



### Make physical activity a time for visiting too.

Sometimes, walking as a whole family or just with your spouse, one child, or a friend can inspire you and others to share more than they would have at the dinner table. A good conversation can be just the ticket to make the time fly by and gives everyone an opportunity to focus on one another, instead of all the distractions at home.

### Find activities that you like to do.

If you or your children like to do art projects, go for a walk in nature and collect flowers, leaves, shells, or rocks for a collage. If you like to climb, see if there is a climbing wall in your area. Encourage kids to think of new and innovative ways to do usual activities with an "active element." For example, if your kids like to read, try walking or riding your bike to the library or bookstore.

### Work on making long term diet and activity changes and set goals that you can reach.

To start, simply reduce the number of hours of TV you and your kids watch in a day. Watch for 2 hours instead of 3. With the hour you are not in front of the TV, take your family for a walk, dance together to music, or ask your kids to choose an activity that involves physical activity.

### Make small, gradual changes.

Starting small makes changing easier. Remind yourself and your family members that the changes you're making are important, but will take time to become part of your regular routine.

### Learn more and enroll now!

Hill Physicians offers teleclasses to members and non-members on these topics and more. To enroll or to learn more, please contact (877) 493 – 5563 or [health@hpmg.com](mailto:health@hpmg.com).

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