

# Check out these 10 Tips to Make Exercise Fun for Children

## 1. PARTICIPATE IN THE FUN!

The best ways to motivate your kids are to take part in physical activities with them. Not only are you setting a great example and peaking their interest in being active, but you are helping yourself stay fit, also.

## 2. CHOOSE THINGS THEY LOVE AND FIND A WAY TO MAKE THEM PHYSICAL

For example, if your child loves sports create an obstacle course with a that includes catching a baseball, shooting a hockey puck, tossing a football, fancy dance moves and fast feet through the trees and set a timer and repeat it for the best time. The activity doesn't need to be complex, but allowing your child to relate to the exercise will make them more excited to participate.

## 3. INTEGRATE EXERCISE INTO YOUR FAMILY'S EVERYDAY LIFESTYLE

Find ways to integrate exercise, such as taking the dog for a walk every night after dinner, roller-blading or going for a bike ride.



## 4. PLAY SOMETHING

Use the word “play” in front of the activities to make them sound less like exercise and more like a fun game. Invite neighborhood friends over to add some socialization and competition to the activity.

## 5. MIX THINGS UP!

Introducing fun new activities to your children will keep them excited about being physical. If an old idea no longer motivates your kids, introduce something new to keep their interest sparked.

## 6. DO AN ACTIVITY OR CHALLENGE TOGETHER OR EVEN SIGN UP TO DO A FUN RUN OR CHARITY WALK WITH YOUR CHILDREN

Having an end goal will get them excited about working toward the big day.

## 7. SUPPORT YOUR CHILDREN IN SPORTS, CLUBS AND OTHER ACTIVITIES THAT INTEREST THEM

Even if your child isn't the star player, your presence at the event lets him or her know you support them and encourages him/her to stick with it. As tempting as it may be, avoid rewarding a good game with **food**. Instead, recognize their accomplishments with something like a movie night with you or extra time with friends.

## 8. THINK OUTSIDE THE FIELD

Not all children enjoy organized sports like football or softball. Be patient and encourage them to try out other activities they might enjoy, such as rock climbing, dance or martial arts, until they find the right fit.

## 9. GET KIDS CONNECTED WITH NATURE

Unplug by checking out nearby parks, let the kids choose where you go and what activity you will do once you get there. By letting them guide the trip, they will be more willing to engage.

## 10. FIND WAYS TO BE ACTIVE INDOORS

On the days when it is too rainy or hot to play outdoors, plan indoor activities such as bowling or laser tag. If you want to stick around the house have a 'crazy dance party' laugh together. You can also try out video games that get kids on their feet, such as Wii Fit.