

# PowerUP



## Tips for Raising PowerUp Kids



### ONE hour of PLAY!

Dance, run, skip, kick, tag...just get moving and have some fun! Kids need to be active for 60 minutes on most days of the week to be healthy and fit. Activity can be accumulated throughout the day. Even blocks of time as short as 15 minutes or more can count towards kids' daily activity goal.

### Here are some FUN ways for kids to PowerUp!

Run like a gorilla

Walk like a spider

Hop like a bunny

Stretch like a cat

Have family contests: who can jump rope the longest?

Do wheelbarrow races

Potato sack races

Have active parties:

Ice skating party

Bowling party

Touch football party

Walk the dog

Take a family walk

Go on a family bike ride through the neighborhood

Create sidewalk art with chalk and play hopscotch

Fly a kite on a grassy field or beach

Play with the kids at a playground

Play Duck, Duck, Goose or London Bridge

Go sledding

Go bowling

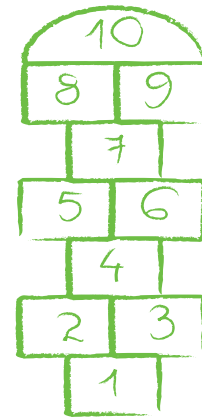
Play tag

Go hiking

Visit a swimming park

Try batting cages

Play miniature golf



Visit [www.powerup4kids.org](http://www.powerup4kids.org) for more PowerUp activities, recipes and more!