

MOVE MORE SIT LESS TIPS FOR FAMILIES

- Reward activity. Each week, let the most active member of your family choose an activity for everyone to take part in. *Remember: active is not the same as sporty.*
- Give 'active' presents rather than sedentary presents – even if a ball is harder to wrap than an electronic screen device!
- Get the kids to create an anti-screen toy box to put away all screen devices at family-nominated times each day and night.
- Make it harder for your family to be sedentary. Switch off and unplug all electronic and screen devices when you have finished with them. Put the remotes in a cupboard or the anti-screen toy box.
- If a chair or couch has been used too often, put it in the “naughty corner” – no one is allowed to use it for a certain amount of time.
- Highlight an active transport zone (we recommend a 1km radius in urban areas) around your house. Use active transport (walking, running, skateboarding, cycling etc) within this zone.
- Use activity as a focus when catching up with family and friends. Catch up for walks or bike rides, play frisbee in the park, go to a yoga class together.
- Create an active play space in your house or garden – it could be for digging, jumping, climbing or imaginary play.
- As a family, talk about what you've seen / heard / felt when using active transport to get home from school or work. Reinforce the idea that going slower is better.