



## Let's Be Active – Together!

Kids need time to play and be active. In fact, the U.S. Department of Health recommends that children receive a minimum 60 minutes of activity every day. But, it doesn't have to happen all at once – every minute adds up to living a healthy, active lifestyle. City Clerk Susana Mendoza believes that a fit body helps you have a fit mind! As a young girl her parents introduced her to soccer and from there her love of sports only grew. Now, she and her husband love to go for runs, long bike rides and walks. So, grab your family and Let's Get Active – Together!

Here are some simple ideas to incorporate more fitness into your family's busy schedule!

- After dinner, take the family for a walk around the block or the neighborhood to discuss the day's activities, homework, and upcoming family events.
- Whenever possible, take the stairs instead of the escalator or elevator.
- Give children toys that encourage them to be active like basketballs, footballs, tennis racquets, kites, and jump ropes.
- Make a new house rule – no sitting during TV commercials! Do jumping jacks, walk around the living room or play a game of indoor tag during commercial breaks – anything to get the family moving!
- Make washing the car a family affair and wash it by hand instead of visiting the car wash.
- Take the family dog on longer walks – adding just a block a day makes a big difference for your family and the dog!
- Park in the furthest spot in the grocery store or mall parking lot.
- Get off the bus or train a stop early and walk to your destination.
- Organize a game of touch football or basketball with the family after the Thanksgiving dinner!
- Start a garden in your back yard and have the whole family help maintain it. Then, enjoy the fruits (and vegetables!) of your labor with healthy, produce-filled meals!