



Make exercise fun for the whole family!

Maintaining a healthy lifestyle requires regular exercise. With children, the key is to find something they enjoy doing and using that activity to incorporate motion.

Setting a good example is key to educating your children on healthy eating and exercise. Even if you have just 10 minutes in the morning and 20 minutes in the evening, use it to get them moving.

See the reverse side for more about exercise fun.



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Here are a few simple steps to achieve this goal:

- Schedule a time each day for an outdoor activity with your children. Hike a nature trail or ride a bike path.
- Encourage children to join school or club sports teams or register your family for a 5K.
- Give children toys that encourage physical activity, such as balls, skateboards, and jump ropes.
- Limit screen time. Set boundaries and keep electronics out of kids' bedrooms.
- Chip in with chores. Rake leaves, shovel snow or do other home-maintenance projects as a family.
- Play tag or catch, swim, jump rope, hula hoop, dance to music or a dancing video game.

For more information, visit
[cardinalglennon.com](https://www.cardinalglennon.com)

All of our facilities have implemented enhanced safety measures. These may include requiring all individuals to be screened for symptoms and requiring face masks for all upon entry. This will ensure you and your family are protected every step of the way.

