

How to Get Active



Limit screen time

Keep TV, movies and video games to less than two hours a day.

Keep TVs, tablets and phones out of bedrooms.



Get moving

Set time aside every day to go outside.

Pick activities you like (and forget ones you don't).



15 active ideas

1. Find a biking or walking trail in your neighborhood.
2. Turn on some music and have a dance party at home.
3. Walk or bike to school.
4. Visit a museum or zoo.
5. Visit your local playground.
6. Go ice skating.
7. Walk the dog or volunteer to walk a friend or neighbor's dog.
8. Play hide-and-seek as a family.
9. Take a 20-minute walk after dinner.
10. Visit your local rec center.
11. Play catch.
12. Go swimming at a local pool.
13. Play tag.
14. Jump rope.
15. Take a hike.



Children's Hospital Colorado
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