

Healthy kids. Healthy families

Create family
traditions
and lasting
memories.



Time together is time that's treasured. Try:

Family Adventures See the sights of your community: Try hiking, fishing, canoeing, and biking. Discover the public parks. Visit the Zoo. Explore outdoor tourist attractions.

Family Fitness Vacations Plan an active get-away. Swim at the beach or bike on a scenic trail. Hike or camp in the mountains. Explore state and national parks. Raft down a river. Take a walking tour of a city.

The Gift of Physical Activity Give a present that encourages activity. Outfit that special someone with a swimsuit or pair of athletic shoes. Select toys that make kids move, such as a basketball or bicycle.

Seasonal Celebrations Welcome each one with fun. Winter: Go sledding or build a snowman. Spring: Play whiffle ball or fly a kite. Summer: Run through the sprinkler or jump rope. Fall: Play frisbee, golf or hike at Mt. Charleston.

Community Service Benefit others while benefiting yourself – volunteer as a family. Do litter patrol on a nearby road, help neighbors rake their yard or team up to clean up a favorite park.

It's not just an action, it's a lifestyle.

Walk and Talk: Instead of sitting at the table to do homework, take a walk with your child while practicing spelling words, multiplication tables or geography facts.

Household Jobs: Encourage responsibility and home maintenance skills by having your children help vacuum, scrub floors, mow the lawn, walk the dog, wash the car and more.

Indoor Fun: Designate a space where kids can roll, climb, jump, dance and tumble. Garages without cars can become an activity zone on rainy or snowy days.

Traveling Locker Room: Stash a box in the family car that holds balls, baseball gloves, a jump rope, frisbee, kite, etc. You'll always be ready for fun!

Find the right fit.

Organized activities, such as lessons, clubs and teams, can be a positive experience if they match your child's interests and personality. Before signing up, check out the program and answer the following questions. A majority of "yes" answers suggests enjoyment for your child.

- ☐ Does my child's skill level and size match the rest of the group?
- ☐ Are the challenges and expectations appropriate for my child?
- ☐ Are all children given meaningful opportunities to learn skills and participate fully?
- ☐ Is there a focus on development or fair play, teamwork, sportsmanship, and having fun?
- ☐ Does the activity leader provide encouragement and positive feedback?
- ☐ Are all children treated with respect?

Join the online walking program:

Walk Around Nevada

<http://getthehealthyclarkcounty.org/walk>