

Enjoying More Physical Activity

PARENTS ASK:

How can I tell how good my child's physical activity habits are? What should I look for?

For months your daughter has probably been walking and doing other GREEN activity. Now she may be ready to do more. Here are some questions to help you figure it out. Use your child's Lifestyle Log to help you. This is something you can do together with your child at a Family Meeting.

- ▶ **How active is your child?** Has she reached her silver medal goal? If not, that should be her goal for now. That's 200 minutes of GREEN activity each week. Or about 30 minutes a day.

What's her next goal? Is she ready to do 300 minutes a week? That's about 45 minutes a day. It's the gold medal level. Down the road she might try doing 400 minutes a week. That

would be about 60 minutes a day. Wouldn't that be great!

- ▶ **What activities is your child doing?** Ask her to list the GREEN activities she has done over the past 2 weeks. Are there other activities she might like to do? Is she using a pedometer?
- ▶ **How intense are her activities?** Has she begun doing Fitness Boosters? What Fitness Boosters would she consider trying? How about jogging or playing basketball? More intense activities like these can be a lot of fun. They will also improve her fitness.
- ▶ **Who does physical activity with your child?** It's great to do physical activity alone. You can always count on yourself. But it can be more fun doing it with others. How often does your daughter do

KEY GOALS

Enjoying more physical activity will help your child meet 4 key goals:

- ⊙ Limit RED foods
- ⊙ Increase GREEN activity
- ⊙ Hold Family Meetings
- ⊙ Keep Track of Weight

physical activity with friends? With her family? Has she asked them recently to do activities with her? Use the Help Sheet to keep track of this.



A Fitness Booster is a more intense GREEN activity. It helps you get fit faster.

Here's what you'll learn about in this module:

- ▶ Figuring out how good your child's physical activity habits are
- ▶ Helping your child set new physical activity goals
- ▶ Using community events and resources for physical activity



Scheduling in advance helps your child get the physical activity she needs.

PARENTS ASK:

How can my child make more progress? What can I do to help?

It's no secret. You probably already know what she could do.

- ▶ She can *spend more time* being active.
- ▶ She can *increase the intensity level* of some of her activities.

The trick is to plan her time and resources so she can succeed. This means planning **what** she will do, **when** she will do it, **how** she will do it, how she will get to **where** she needs to be to do it, **who** can do it with her, and what the **backup plan** is. This is where you come in. You can help her think through these things. You can also suggest ways

she can do them. You may want to offer your help with transportation or equipment as well.

Ask about planning physical activities with friends. She should tell them in advance that she wants to have fun doing a specific physical activity. She could invite them over to shoot hoops or dance. She could meet them in the park to play soccer.

Encourage her to be positive with her friends. When a friend does something well, she could say: *Great shot!* or *Wow, you really hustled to get that rebound!* Hearing praise always makes it more fun for a friend. She should avoid telling a friend how to do something. It may sound like criticism.

PARENTS ASK:

My child does the same activity all the time. Usually he walks. Is that OK? How can I tell if he needs to change routines?

It sounds like he may have fallen into a routine. He's doing the same activities over and over. That's a good thing if it means that he is continuing to be active. If so, encourage him to keep it up. He shouldn't change a thing if it's going well.

But he might be getting bored. Or he may feel that it's too easy. That it doesn't feel challenging any more. Ask him about it.

If so, it may be time for a change. Ask if he would like some variety. If he would, suggest some new activities. He could do some biking. He could fill plastic bottles with sand and use them as an obstacle course when he rollerblades. He could try doing it to music. He could do a pedometer challenge.

PARENTS ASK:

What other things could he try?

Your son could try joining community events and team sports. This will add variety and fun to his physical activity. It will help him meet new friends.

It's easy to fall into the trap of thinking that getting GREEN activity is something you do alone. Or with just one other person. It can be. But it's also something that you can have fun doing with others.

Has he thought about joining a team? Many communities have leagues with club teams for soccer, basketball, and other sports. Teams are usually set up by age and skill level. Your skill level is not so important. Your interest is what counts. This makes it easy to find people who are just learning a sport. It's also a great way to meet other people who want to be more physically active.

Don't let your child's skill level keep him from trying an activity.



Tyrone looked at his level of physical activity. He discovered that he had made a lot of progress. But he was doing the same things over and over. He wasn't thinking about what else he could do. He was meeting his silver medal goal of 30 minutes a day. But he hadn't gone further. He decided that the first goal would be to get 45 minutes of activity some days. He set this as a personal challenge to himself.

But he was only doing a Fitness Booster during the soccer season. He wanted to do Fitness Boosters other times of the year.

Tyrone also thought about his social support for physical activity. He was doing physical activity 1-2 times a week with other people. He thought that was OK. But he decided to try to make it 3-4 times a week. When he told his parents, they encouraged him to talk to his friends. "Be sure to plan in advance. That's the key to getting it done," they said.

Tyrone talked to Sam about playing some 1-on-1 basketball. They could do it instead of just shooting hoops. "I'd really like to do that," Sam said. "That's more fun than just shooting around. And it will help me stay in shape for the soccer season."

Tyrone also wanted to do more things in the community. He asked around. He learned that there would be a run/walk for a local diabetes charity. Tyrone decided to get involved. He believed in the cause. And he thought it would be fun. He talked to Sam about it. They decided to train for it together. They would also ask people to make pledges to sponsor them.

He also talked to Sam about joining a Y basketball league. This would help him do a team sport. It would also be a Fitness Booster during the winter. Sam was interested. But he wasn't sure that he would have the time. "Ask me in October," he said. "I'll know my schedule by then. It sounds like fun. What about Jose? Have you talked to him? I bet he'd like to."

"That's a great idea," said Tyrone. He talked to Jose at school about joining the Y league. Jose was excited. He said he'd also love to play some 1-on-1 basketball with Tyrone. Tyrone was also excited. This gave him someone else to do Fitness Boosters with. And have more fun.

Tyrone told his parents at a family meeting. They were very proud of him for making the effort to get more physical activity. "I'll be happy to drive you to the gym when the weather is really bad," his father said. "What you are doing for yourself is just great!"

Has he ever done a run or walk for a charity? Training for one will give him something to focus on. Training with friends will make it more fun.

The first step is to start asking around. He should check with his friends. Ask the coach at

school. Call the Y. Drop in at the community center. Check the events calendar in the paper. The more he finds out about what's going on, the more likely he will be to find activities he will enjoy. He could talk to friends about doing these activities with him.

How did Tyrone's parents help him?

How could you help your child do more Fitness Boosters?

PARENTS ASK:

My son isn't very athletic. There are a lot of things he doesn't try because he's not good at them. What should I do?

There are a lot of ways to get better if he will just look around and is willing to try. But he shouldn't wait until he is "good enough" to get started. He's already "good enough" to have fun with an activity. Here are some things to say to him:

- ▶ Don't let your skill level keep you from trying an activity.
- ▶ Don't let worrying about how well you do it keep you from doing it.

- ▶ So what if you're not great at it? You can enjoy it anyway. You have just as much right to have fun as anyone else.
- ▶ You don't have to be skilled at an activity to enjoy it. Just have fun. Besides, with practice, you'll get better.

Here are some things to suggest:

- ▶ Practice.
- ▶ Take lessons.
- ▶ Go to an activities camp.
- ▶ Try a skill-building program at the Y.
- ▶ Practice with a friend at your skill level. You can encourage each other and improve together.

Here's how you can help your child get more physical activity

- ▶ Help him schedule his activities.
- ▶ Help him plan activities with others.
- ▶ Encourage him to do Fitness Boosters.
- ▶ Encourage him to try community events and activities.



What should I do about my daughter? She doesn't get much activity at all.

You need to know what causes her to resist. Start by asking her. Maybe she doesn't like to sweat. She may not want to mess up her hair. She may be bored. She may not understand how important it is. Using the Help Sheet can help you figure this out.

Then you can problem-solve with your child. You may need to make GREEN activity a family event for a while. You may need to plan a time each day to do GREEN activity with her.

Have you done a pedometer challenge with her? Help her set goals. Give lots of praise and encouragement.

Perhaps the most important thing to keep in mind is this: It's too important to ignore. She needs to get GREEN activity every day. Keep working with her until she does.

Remind her of the reasons to get GREEN activity. The

Here's how you can help yourself get more physical activity

- ▶ Evaluate your physical activity habits.
- ▶ Set goals for yourself.
- ▶ Do more physical activity with friends.
- ▶ Find resources in the community that will help you.

Team sports and community events are fun ways to be active and meet new friends.

more physically active she is, the more calories she burns up. And the more calories she burns, the more weight she will lose. The more weight she loses, the healthier she will be. Physical activity helps her manage diabetes.

Be sure to talk to her PAL. She may have some good ideas.

Enjoying More Physical Activity

Your Child's GREEN Activity

Your child has been trying to meet a GREEN activity goal for months. Now is the time to see how he is doing. Now is the time to make changes if needed. He will be asked to try new activities. He will be asking his friends for their help. He will also need your help to try new things.

Write down what your child is doing to meet his GREEN activity goals. Who does he do the activities with? Write down their names. Doing this before you meet with your child will be helpful.

Your child's GREEN activity	Who does it with him?

Help your child make a plan to try new activities with his friends. Make sure his plan includes **what** he will do, **when** he will do it, **how** he will do it, **where** he will do it, **who** he will do it with, and what the **backup plan** is. Encourage him to chose some Fitness Boosters.

Get More GREEN Activity Yourself

Think about the GREEN activities you are doing. List them. Who does them with you? Write their names down. How much do you like each activity? Rate each activity using a scale of 1-3. 1= I dislike, 2= It's OK, and 3=I really enjoy it. Write down the reasons for your choice. Doing this will help you decide if you need to make some changes.

GREEN Activity	With whom?	Dislike	OK	Enjoy	Reason
		1	2	3	
		1	2	3	
		1	2	3	
		1	2	3	
		1	2	3	
		1	2	3	

Adding Variety to Your Physical Activity Routine

Write down some new physical activities that you would like to try. Then list people with whom you would like to do these things.

New GREEN activities to try	Friends to do them with

Be More Active With Friends

Make a plan to enjoy more activities with a friend. Use the list you made above. Be as specific as you can. Plan **what** you will do, **when** you will do it, **where** you will do it, **how** you will do it, **who** you will do it with, and what your **backup plan** is.

Activity: _____

With whom: _____

My plan: _____

Activity: _____

With whom: _____

My plan: _____

Enjoying More Physical Activity

Talk to your child about

- ▶ Your child's level of activity. What's the next goal?
 - ▶ Silver: 200 minutes a week (30 minutes a day)
 - ▶ Gold: 300 minutes a week (45 minutes a day)
 - ▶ Platinum: 400 minutes or more a week (60 minutes a day)
 - ▶ What does the pedometer say? What is the next goal?
- ▶ What activities does your child do now?
- ▶ How intense are his activities? Does he do Fitness Boosters?
- ▶ Who does physical activity with your child? Friends? Family? How often?
- ▶ What other activities would he enjoy?



Your child can make progress by

- ▶ Increasing the *amount of time* she is active.
- ▶ Increasing the *intensity level* of some activities.



Help your child plan in advance for GREEN activity.

This means figuring out:

- ▶ *What* he will do.
- ▶ *When* he will do it.
- ▶ *How* he will do it.
- ▶ How he will get *where* he needs to be.
- ▶ *Who* can do it with him.
- ▶ A *backup plan* for when the weather is bad, transportation fails, or a friend can't make it.

SPECIAL FOCUS →

Don't let your child's skill level keep her from trying an activity.

- ▶ Tell her she's already "good enough" to have fun with an activity.
- ▶ Encourage her to:
 - ▶ Practice.
 - ▶ Take lessons.
 - ▶ Go to an activities camp.
 - ▶ Try a Y skill-building program.
 - ▶ Practice with a friend at her skill level.

Encourage your child to do community events and team sports.

- ▶ Skill level is not so important for club teams.
- ▶ Training for a charity run or walk-a-thon will give your child something to work for. Training with friends will make it more fun.