

# Moving More at Home

When we're at home with our families, it's easy to just relax on the couch and watch TV. However, with all the time our preschoolers may spend at home, it's important to provide ways for them to Move More at homes—better yet, ways for you to be active together!

Have you ever thought about gardening as physical activity? While the main reason many people garden is to grow their own fresh fruits and vegetables, it can also be exercise for you and your family! Gardens are a great way for preschoolers to learn about where their food comes from. Preschoolers can help with garden chores like watering plants and digging soil. Group games are another activity you can try with your preschooler in your yard. For example, "Red Light, Green Light," "Duck, Duck, Goose," and "Jump the River" can all be played outside. Playing games in your yard can provide a safer area than inside for children to run around freely without getting hurt.



When the weather is bad, be prepared with ways for your preschooler to be active inside the house. You can march through the house or dance together, do an indoor obstacle course, yoga, and much more. In addition, consider ways to make you and your preschooler's "sitting" time more active. When you're watching a TV show or movie together, take screen time breaks. For example, if there's a commercial break, take the time to do exercises together like marching in place, overhead stretches, and sit-ups. Even cleaning can be a physical activity! Have your preschooler help you with simple chores like making their bed, grabbing the mail, and putting away toys.

One of the most important things we can do for our children is to set a good example for a healthy lifestyle. When our children see us exercising and playing with them, it will help them learn to value physical activity as a part of their daily lives.