



CENTER FOR HEALTH SERVICES

Physical Activity for the Family

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Physical activity is important for people of all ages. It can help to control your weight, reduce your risk of diabetes, metabolic syndrome, cardiovascular disease, certain cancers, and it can improve your mood and strengthen your bones and muscles. Adults should be getting 2 1/2 hours of physical activity per week, while children need 60 minutes per day.

Ways to help get this time in can include:

- Setting aside a certain time in the day
- Plan out activities in case of rain or snow
- Limit TV and computer time to 2 hours per day
- Find activities that the whole family enjoys doing (basketball, bike riding, taking the dog for a walk, bowling, hiking, swimming) and don't be afraid to try something new!
- Get the kids to do some yard work (raking leaves, shoveling snow, gardening)
- Get a family gym membership (most offer fun classes that you can take as a family or separate based upon interests)– YMCA, Lifetime, 24 Hour Fitness, the local Recreation Center

Before beginning a physical activity, Center for Health Services reminds all diabetics to check their blood glucose. If they experience symptoms of hypoglycemia during the activity, the person should stop what they are doing to check again. For further information, visit our [website on physical activity](#).