

active
parents

active parents



helping parents create
more active families



change
4 life
Eat well Move more Live longer

you are your child's most important role model

Active parents have more active children, and those children are more likely to grow up to become active parents themselves, so by being active parents, not only are you helping your own health, you're likely to be making your children more active too.

we all know we could be a bit more physically active as individuals and as a family.

do you know that being more active can give your children a better chance of:

- Having fewer avoidable health conditions like obesity and type 2 diabetes.
- Having stronger emotional wellbeing and being more resilient.
- Making safer choices about a healthier lifestyle.
- Performing better at school.



busy lifestyles

Being a parent of young children is a busy job. It's even more challenging if you're a working parent, or a single parent, or both, but there are ways you can make your family's lifestyle a bit more active and a bit less sedentary. Even a small increase in your activity levels can make a big difference and with a little planning you'll be surprised how much activity you can do.

stand more, sit less

Sitting for long periods is thought to slow the metabolism, which increases the risk of obesity and type two diabetes.

Can you have a family challenge where everyone avoids sitting down for more than fifteen minutes at a time? Stand up, stretch and move about. Make this a family habit. It's easy and free.

walk and cycle more, drive and ride less

It's not always easy to swap a journey by car or bus for a journey on foot or by bike, but even getting off a stop earlier, or parking at the far end of the car park, can make a difference if you do it frequently.

exchange screen time for active time

There's nothing wrong with a bit of screen time, as long as it's part of a balanced day. Can you swap half an hour of physical activity with half an hour of screen time? Can you find TV programmes, console games and apps that encourage physical activity? The ['10 minute shake up'](#) is a great example made by Disney and Change4Life, while [Topya!](#) is a new way of using technology to make kids more active.

make family time an active time

Family time together is very precious. Make it even more enjoyable and rewarding by making it active by walking together, playing outside together in local parks, woodlands, adventure playgrounds or other green spaces, or even growing your own food together. The [Change4Life](#) website can help you to find [local activities](#).

become part of a team

Any challenge is easier to face if you're doing it as part of a team. You don't have to join a formal sports club. Instead, could you join up with members of your extended family, with neighbours and friends or with parents at school to take part in regular activities together?

supporting your child in becoming more active

Children of primary school age should be doing at least 60 minutes of activity every day in order to stay healthy. Some of this activity should be aimed at strengthening their muscles and bones. Your time as a family can contribute a lot to this, but it probably won't be enough on its own. There are some other simple steps you can take to help your child be even more active at this crucial time of their life:

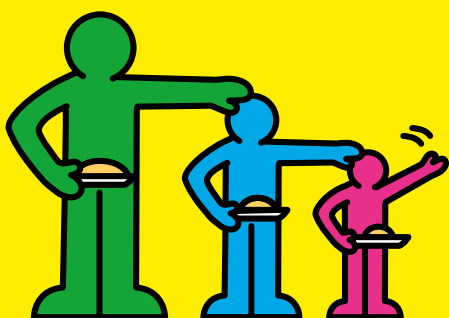


involve your child in choosing what to do

When children have some control over what they do, they are more likely to stick at it.

could your family walk, scoot or cycle to school (at least some of the time, or part of the way)?

Does your school have a scheme to encourage its pupils to walk to school? Maybe it's a Walking Bus scheme that brings families together to walk to school safely. Perhaps they run a Bikeability programme to improve cycle safety. Try the [Sustrans website](#) for ideas.



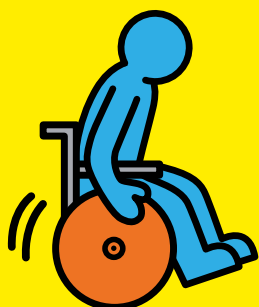
is your child active before school, at break times and lunch time?

Almost all primary schools put on clubs and activities at lunch times, and many also offer breakfast clubs before school where a healthy breakfast is combined with some fun activities. Perhaps your child might even want to become a volunteer or leader at one of these clubs to develop valuable leadership skills?

supporting your child in becoming more active

does your child take part regularly in PE lessons?

PE lessons are not only times to be more physically active, they also teach the skills and knowledge your child needs to stay physically active and make healthy choices about their lifestyle, now and as adults. It can sometimes be tempting to let your child miss the odd lesson if they're tired or a bit unwell, but it's almost always better to encourage them to take part in some way.

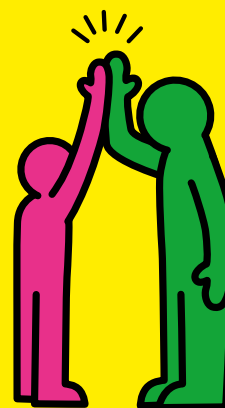


does your child take part in sport in school?

Schools should offer all of their pupils, not just the 'sporty' ones, a chance to take part in enjoyable, healthy physical activity and competition at their own level. Taking part in sport at school is a great way to stay active, build confidence and feel positive.

does your child take part in sport or activities outside school?

A good sports club should be set up to welcome and encourage everyone, whatever their ability or experience, and whether or not they have a disability. Primary school age is the time to try out lots of different activities until your child finds the ones that are right for them. If competitive sport isn't the right thing for your child, there are plenty of alternatives, like dance, self-defence, cubs or brownies, that will have the same benefits.



summary

The benefits of being more active are huge. As a parent, you can help your child become, and stay, more active:

show

Show them that physical activity is part of everyday life for you and your family.

encourage

Encourage them to make the most of opportunities at school.

support

Support them to become more active outside school.

where can i learn more?

If you've made the choice to become a more active family, here are some places you can find out more:

[Change4Life Get Going Every Day](#) shows you simple and easy ways in which your family can become more active together.

[The CSP Network](#) can signpost you to local opportunities to get active or take up a new sport.

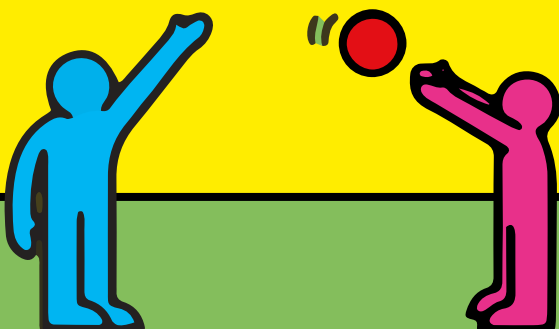
The [Youth Sport Trust](#) is a charity that is passionate about improving young people's lives and helping them to be more active.

The [Chief Medical Officer's](#) recommendations give you the most accurate and up to date advice about physical activity.

[Living Streets](#) promotes everyday walking.

[Street Games](#) is a charity that brings sport to young people in their community.

[Playing Out](#) provides ideas, advice and support to residents wanting to bring about change in their street or neighbourhood.



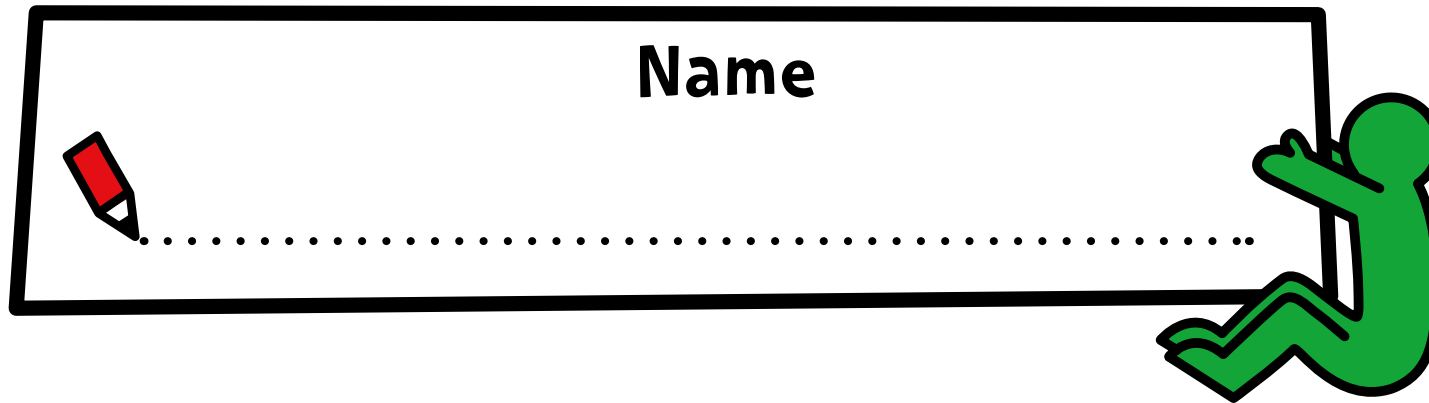
family star chart

Give everyone in the family the chance to become an activity champion by recording your efforts on the star chart.

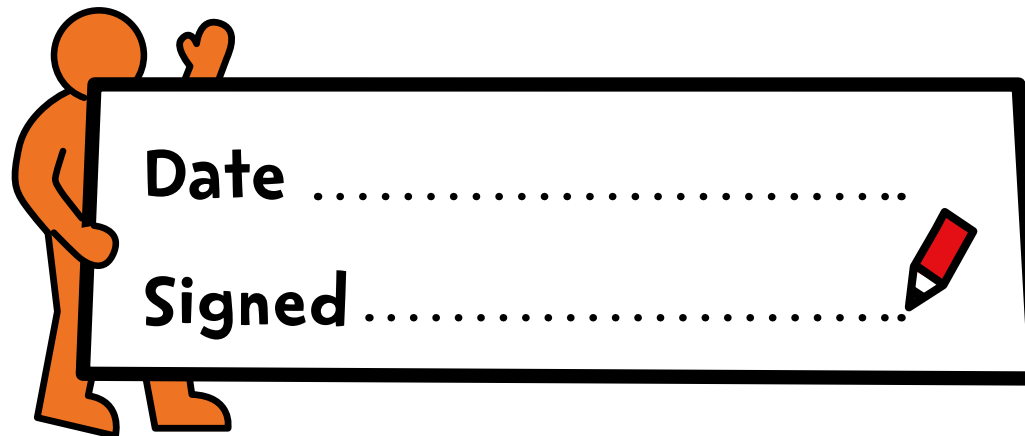
Family member	I swapped sitting for standing	I walked or cycled to school, college or work	I swapped screen time for active time	I took part in some active family time	I did some activity at school, college or work

certificate of achievement

Name



was a family active champion this week



Date

Signed

design your own activity

can you and your family invent a game that gets everyone active?

Once you've tried it out, take it into school and share it with your friends or a Change4Life club.

Draw your game here and explain the rules. Remember, keep it simple!



space

What space will your activity be in? Big or small?
Round or square?
Will it work indoors as well as outdoors?

task

Is your game easy enough for everyone to join in, but challenging enough to make it fun?

equipment

Is the equipment you need easy to get hold of for everyone?

people

How many people does your game need in order to work? Can you play on your own and in a team?

here are some simple suggestions to help your family to get going at home:

Catch

How many times can you catch the ball without dropping it? Do it on your own or with a friend!



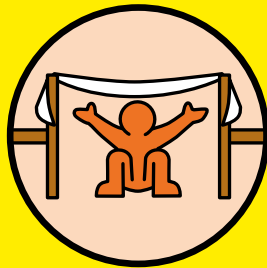
Jump rope

Who'll be first to do 100 skips in a row? Easy? Try it backwards!



Den building

Build a den in the woods or your bedroom



Hot potato

Grab a ball and some friends. Pretend the ball is on fire.....pass it quickly!



Summer picnic

Make a tasty picnic to share with your family - try carrot sticks and a healthy dip.



Piggy in the middle

It's a game of catch with a 'piggy in the middle' trying to get the ball.



Obstacle course

Create your own, inside or out. Chair slalom? Jumping over T-shirts?



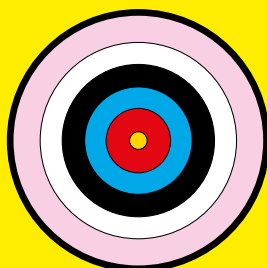
Limbo

Grab a broom or stick - how low can you go?



Target practice

Mark out four targets. With a friend, try to throw a ball or beanbag into the other's two targets to score.



Tag

If the person who's 'it' tags you, you become 'it'.



here are some simple suggestions to help your family to get going at home:

Bushtucker trial

Ask a grown-up to line up fruit or vegetables you've not tried before. Ten points for each one you try!



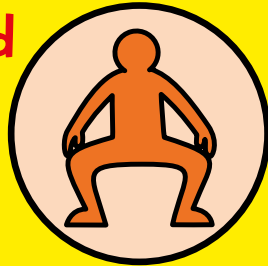
Keepy-uppy challenge

Grab a ball, bounce it on your knees, head and feet. How many can you do?



Stuck in the mud

When you get caught, stand with your legs open until someone crawls through to set you free.



New dance

Learn a new dance and perform it for your friends and family.



Smoothie-making

Mix all your favourite fruits into a delicious and refreshing drink.



Heads or catch

Head the ball when a friend shouts 'head', and catch when they say 'catch'.



Wall-y

Make a target on the wall. When you hit it with a ball, move further back. How far can you go?



Gymnastics displays

Do cartwheels, handstands and other great moves to your favourite tune.



See more at:

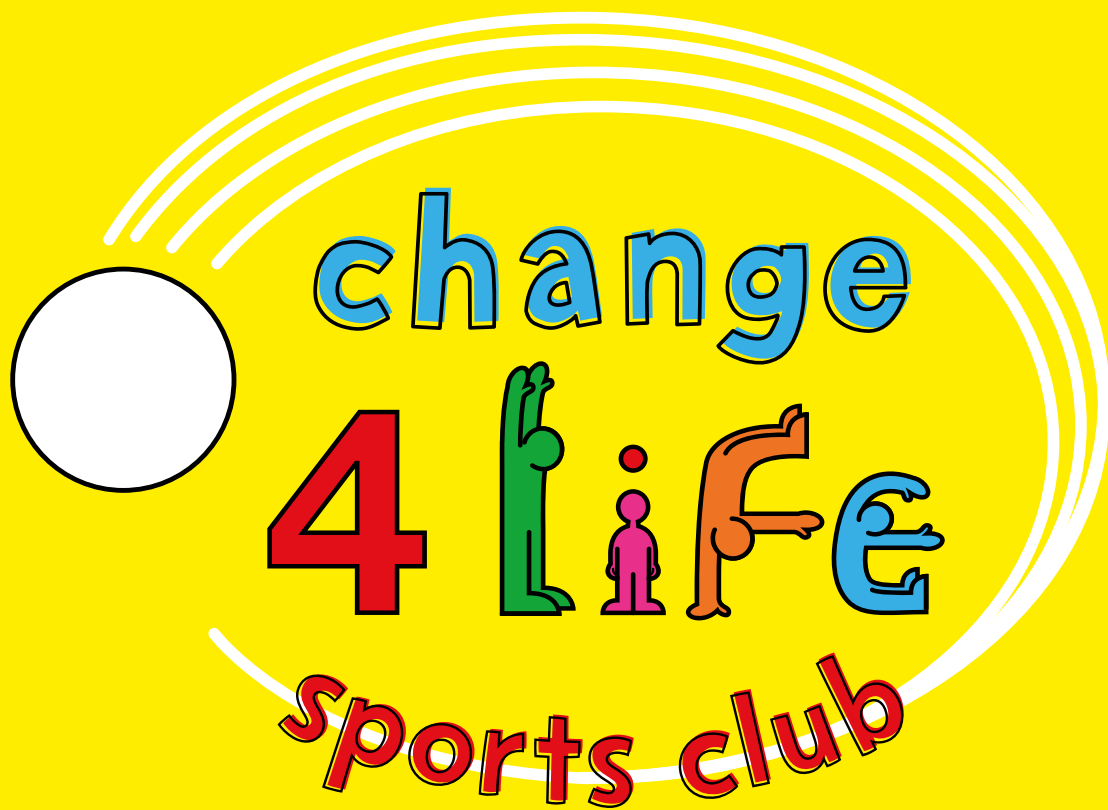
www.nhs.uk/c4lsportsclubs and www.change4lifesportsclubs.co.uk

View the new Change4Life School Zone at:

www.nhs.uk/c4lschools

Share your memories:

change4lifesportsclubs@youthsporttrust.org



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