

# Use physical activity as a reward

## The Good Behavior Game:

- Write a short list of good behaviors on a chart. Mark the chart with a star every time you see the good behavior.
- After your child has earned a small number of stars, give him or her a reward.
- Give your child extra play time before or after meals as a reward for finishing homework.
- Avoid giving your child extra time in front of the screen as a reward.
- Choose fun, seasonal activities.
- Encourage your child to try a new sport or join a team.

**5210** Every Day!

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- 5** or more servings of fruits & vegetables
- 2** hours or less recreational screen time
- 1** hour or more of physical activity
- 0** sugary drinks, more water & low fat milk

**5210**  
**LET'S GO!**

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Get one hour or more of physical activity every day.



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# Did you know?

One hour of **moderate** physical activity means:

- Doing activities where you breathe hard like hiking or dancing.

20 minutes of **vigorous** physical activity means:

- Doing activities where you sweat, like running, aerobics, or basketball.

Physical activity...

- Makes you feel good
- Helps you keep a healthy weight
- Makes your heart happy
- Makes you stronger
- Makes you flexible



## Redy's Rules

### Move An Hour Every Day!

- Encourage at least an hour of daily physical activity...for kids and adults!

### Let Physical Activity be Free and Fun!

- Take a walk with your family
- Play with your pet
- Play tag
- Take a bike ride (remember to wear your helmet)
- Turn on music and dance
- Jump rope
- Play Frisbee
- Take the stairs
- Park the car at the end of the parking lot
- Make snow angels

### Tips from Redy

#### Make Physical Activity Easier.

- Make gradual changes to increase your level of physical activity.
- Incorporate physical activity into your daily routines.
- Try tracking the level of your physical activity using a pedometer.
  - Turn off the TV and computer and keep them out of the bedroom.
- Limit recreational computer time.
- Choose toys and games that promote physical activity.
  - Encourage lifelong physical activity by incorporating physical activity into your routine.
  - Keep physical activity fun!!

#### Be A Role Model.

- Use a pedometer.
- Take a walk after dinner.

