

## Getting Up and Getting Active

### Military Youth on the Move, podcast transcript

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Research tells us that our children should be active for at least one hour each day. With a busy schedule and children who seem glued to the TV or computer, making time for an hour of family fitness may seem impossible, but there are some easy ways to get your entire family more active.

First of all, limit your children's screen time. There's nothing wrong with watching some TV or playing on the computer, but decide on a time limit and stick to it. Offer your children some alternatives like joining the youth center, heading to the pool, or going out for a sports team.

Then, get your entire family involved in the process. Instead of simply telling your children to become more active, do it together. Plan after-dinner walks or games in the backyard. Set up weekend activities like hiking, biking, or ice-skating. See if your local YMCA or Morale, Welfare, and Recreation program offers anything that may interest your family.

You can also get your children involved with simple stuff like the house or yard work. Walking the dog, taking out the trash, and raking the leaves are all activities that will get your children moving and help keep the household running smoothly.

Try setting a family fitness goal. Is there a cause that's important to your family? If so, find a way to support it. Work toward running a 5K or completing a sponsored bike ride together.

Getting active doesn't have to be a big production. You can walk, dance around the house, or head to the park with the dog. Don't join a gym forty-five minutes from your house hoping to solve your family's problems. The easier and more convenient being active is, the better.

Remember to be encouraging and support your children. Some kids will be naturally more inclined to join a team sport whereas others may not be comfortable playing an organized game. The important thing is that they have fun and stay healthy.

Most importantly, be a role model. If your children see that you are physically active, they are more likely to be. Try to involve them in an activity you love.

For more information about getting your family active, check out Military Youth on the Move's "Just for Parents" section. Our website has a ton of great information and resources for all your parenting concerns such as saving for college, cooking healthy meals, and much more.

*For a complete listing of podcasts offered by Military Community and Family Policy (MC&FP), visit the [MC&FP Social Media Hub](#) located on MilitaryHOMEFRONT.*

