

VERB.™ Ponte las Pilas.™ Getting Active Tip Sheet

CDC encourages tweens (youths ages aged 9-13) to accumulate at least 60 minutes of moderate-to-vigorous physical activity each day five days a week. There is plenty of time to do this when you consider that children spend almost six-and-a-half hours each day using media: TV, VCR, video games, computer, telephone, Internet, and reading (Media in the Home 2000 Study). To accomplish this activity goal, there are several things parents and caregivers can do to encourage their children to participate in prosocial (organized group) and physical activities.

- Encourage your children to be physically active—for example, to walk to school or play outside.
- Listen. Find out what children want to learn and gain from activity programs and help them choose activities that best suit their interests and talents.
- Volunteer to help with your children’s sports teams and recreation programs.
- Talk to trusted community, educational, or religious leaders to learn about local programs.
- Play and be physically active with your children.
- Teach your children safety rules and make sure they have the clothing and equipment needed to participate, such as helmets, shin guards, teeth guards, etc.
- Become an advocate: participate in community programs and encourage your community to provide safe places for children to play.
- Encourage school administrators to support daily education and physical activity programs—not just competitive sports.
- Be active—set a good example.
- Arrange playgroups with neighborhood parents and take turns supervising the children while they play in the park.

Ways to “Ponte Las Pilas” Every Day

- Walk where you’re going - to school, to the corner store, etc.
- Take the stairs instead of the elevator or escalator.
- Walk the dogs - as a family.
- Cut down on TV and computer games.
- Dance - turn up the music while you do chores.
- Ride your bike to school, work, the store.
- Play outside as a family.