



Easy Ways To Get Your Child Moving

Walking is a great activity: affordable, safe, simple, and easy for all ages! The Mayo Clinic reminds us that this gentle, low-impact exercise can ease you into a higher level of fitness and health. So take a stroll around the block with the family. If you've got a family pet that needs walking, pick at least one night a week when the evening walk is a family activity. Think about getting a pedometer to count your child's steps; you can engage them easily in a walk by making them guess how many steps it will be from home to the playground, etc.

A family bike ride is always fun, and can include children of all ages. We're happy to provide Bike Training if your child needs to be guided in this activity.

Taking a **"sensory walk"** is a wonderful way to help children engage with the outdoors, boosting their knowledge of their senses as well as their imaginations. [For a primer on what to do on a sensory walk with your child, click here.](#)

Up your child's "indoor" physical activity and assuage your guilt that the family is relaxing watching reality tv: use the commercial breaks to invigorate the gang. March in place through the first commercial break, walk around the house during the second, jumping jacks during the third!

