

# Make exercise a family affair. Your kids will thank you.

June 28 2018, by Len Canter, Healthday Reporter

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(HealthDay)—While recommendations call for adults to exercise for 30

minutes a day, kids need double that amount—yes, 60 minutes of physical play a day.

And being active as a family can make it easier for kids to reach this goal.

For starters, make it a point to plan family outings that involve exercise, like going to a [water park](#) in summer and snow tubing in winter.

Closer to home, rediscover your local Y, which can make an activity like swimming a year-round option.

Between games, practices and competitions, participating in [team sports](#) provides kids with opportunities for exercise on numerous days of the week, but not every child wants to play soccer or basketball. Consider a sport like track and field, which offers a team aspect with an emphasis on individual skills.

If you'd like to learn more about local youth programs and possibly sign up to be a coach yourself, contact your local Boys & Girls Club or research options on the website of the National Council of Youth Sports at [ncys.org](http://ncys.org)

Need more ideas? Many professional sports organizations have programs designed to make kids more active:

- The National Football League's "Play 60" at [www.nfl.com/play60](http://www.nfl.com/play60)
- Major League Baseball's "Pitch, Hit and Run" at [www.pitchhitrun.com](http://www.pitchhitrun.com).
- The National Hockey League's "Learn to Play" at [learntoplay.nhl.com](http://learntoplay.nhl.com).

- The National Basketball Association's Jr.NBA at [jr.nba.com](http://jr.nba.com).

And for a multitude of activities, check out [active.com](http://active.com). There are many options that allow both kids and their parents ways to get involved and be active together.

**More information:** KidsHealth.org has great tips to help you choose the [best sports activities](#) for your child based on his or her personality.

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Citation: Make exercise a family affair. Your kids will thank you. (2018, June 28) retrieved 1 January 2023 from <https://medicalxpress.com/news/2018-06-family-affair-kids.html>

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