

# Family Physical Activity



Prevention and Health Education Unit  
Prepared by Licensed Health Educators

# Objectives

Mention the benefits of engaging in physical activity as a family.

Identify examples of family-based physical activities.

Offer recommendations to promote physical activity within the family.

# Physical Activity

In general terms, the World Health Organization (WHO) defines physical activity as any bodily movement produced by skeletal muscles that requires energy expenditure.

# Physical activity as a family

Integrating physical activity into the family routine is not only an opportunity to improve physical health; it is also an opportunity to strengthen emotional bonds.

By turning physical activity into a space for play, you encourage a healthy lifestyle that children are likely to replicate in the future.



# Benefits of Family Physical Activity



Reduces the risk of cardiovascular disease

Helps prevent obesity

Decreases the chance of developing type 2 diabetes

Improves mood

Strengthens bones and muscles

Improves sleep quality

Supports healthy growth and development

# How Long Should You Be Physically Active?

The World Health Organization recommends:

Children (3–4 years): should be physically active throughout the day.

Children and adolescents (5–17 years): at least 60 minutes per day of moderate-to-vigorous physical activity.

Adults (18–64 years): 150–300 minutes per week of moderate-intensity activity or its equivalent.

Older adults: combine aerobic activity with muscle-strengthening and balance exercises.



# How to Get Started?

- As a family, make a list of activities you would like to do together.
- Make sure the activities you choose are enjoyable for all family members.
- At least once a month, plan a special activity that involves being active, such as taking a walk in a park or going camping.
- Try to plan one or two family activities each week. For ideas, see the suggestions below.

# Recommendations

- Choose toys carefully. Offer children toys that encourage physical activity, such as balls, kites, skateboards, jump ropes, among others.
- Start early. Toddlers love to play and be physically active. Encouraging safe, unstructured movement and play helps lay the foundation for an active lifestyle.
- Make physical activity fun. Fun activities can be anything your child enjoys, whether structured or unstructured, from team or individual sports to recreational activities.

# Recommendations

- Make physical activity part of your family's daily routine by taking family walks or playing active games together.
- Take young people to places where they can be physically active, such as public parks, baseball fields, or basketball courts.
- Be positive about the physical activities your child participates in. Encourage them to take an interest in new activities.
- Instead of watching television after dinner, help your child find fun physical activities, for example, walking, playing, or riding a bicycle.

A close-up photograph of a person's hands tying the red laces of a white and black running shoe. The person is wearing blue athletic pants. The shoe is resting on a concrete curb. The background is a bright, outdoor setting with a paved area and some distant structures.

# Examples of Physical Activities

# Outdoor activities



Nature hike



Biking or  
roller skating



Playing soccer  
or basketball



Going to a  
children's park

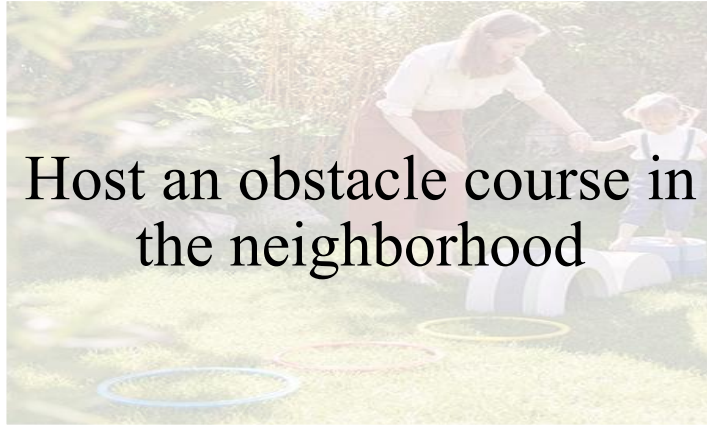


Playing hide  
and seek



Flying kites

# Outdoor activities



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# Activities within the home

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Dancing

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Perform an exercise routine

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Walk in a covered area

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Do yoga or stretching

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Go up and down the stairs

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Do household chores with music



# Injury Prevention Methods

To ensure a positive experience:

- Warm up.
- Wear appropriate clothing and footwear.
- Stay hydrated
- Adapt the intensity according to age and physical condition.
- Consult a healthcare professional if there are any pre-existing medical conditions

# Common barriers

- Lack of time
- Work fatigue
- Overuse of technology



# Recommendations for overcoming barriers



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Create a schedule and set your priorities.

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Make time for your homework

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Avoid committing your exercise time to other activities.

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Negotiate technology use and set clear boundaries.

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# Questions or Comments



# References

- <https://www.heart.org/en/healthy-living/fitness/getting-active/how-to-get-your-family-active>
  - <https://www.childrenscolorado.org/just-ask-childrens/articles/family-exercise/>
  - <https://www.cdc.gov/physical-activity-basics/adding-children-adolescents/index.html>
  - <https://www.cigna.com/es-us/knowledge-center/hw/temas-de-salud/consejos-prcticos-zx3509>
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## **Social and Emotional Aspect**

For tips, tools, and resources on how you and your family can cope with the emotional and physical concerns that arise during and after medical treatment, please visit your primary care physician or call the following hotlines:

# **Available Service Lines**

## **Medical Advice Line**

24 hours a day/ 7 days a week

1-844-347-7801

**TTY/TDD 1-844-347-7804**

## **Customer Service**

1-844-347-7800

**TTY/TDD 1-844-347-7805**

Thank  
you!



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