

Use Physical

ACTIVITY AS A REWARD

Research indicates that active video games may be an effective way to increase kids' overall physical activity levels. Energy used during active video game play is comparable to moderate-intensity walking.

kids love
to move!

Using physical activity instead of a food reward:

- Helps kids get their 1 hour a day!
- Makes physical activity fun!
- Won't limit how many rewards you can give, as they just add up to more activity for kids!

So next time you want to reward kids, think about how you could make it physically active.

Here are some ideas to get you started:

- Dancing to favorite music.
- A 'walk and talk' with a special person.
- Extra outdoor time.
- Setting up an obstacle course.
- Special access to particular toys or games that promote movement, like a bike or jump rope.
- A monthly physical activity event to celebrate accomplishments.
- Access to active video games (e.g. Wii, Dance Dance Revolution).



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