

Get Kids Active Over Summer

Contributed by Craig - GKA Staff
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At Christmas or for Birthdays or just for doing something great buy your children presents that promote physical activity. Some ideas include: Inline skates, Frisbees, a croquet set, a softball and glove, a cricket set and a volleyball and net. Involve your family and friends in activities as much as possible. Lay emphasis on fun, and not skill. Locate activities in your local community, such as hiking trails and swimming pools. Plan parties and trips away around activity and play: instead of going to the movies, go roller-skating. When you go away on a trip include activities that will make your child puff such as swimming, camping and hiking, but ensure they will find them fun. This is essential! Walk places instead of driving, when possible. Put on activity music that your children will enjoy and enjoy it with them. (Check out our fantastic range of Children's Activity Music in our GKA Shop. Fly kites. Limit television time to one hour a day, and consider alternating inactive time with active play. Advocate for more physical education in your child's school. It is so important to their physical development and health. Refer them to www.getkidsactive.com. Instead of buying your fruit and vegetables all the time why not visit a local pick-your-own fruit or vegetable farm. Organize a running/walking family treasure hunt. Make it exciting and relate it to your child's specific age group. This activity can be enjoyed by children up to ages as high as 15-16. Email us at [GetKidsActive.com](mailto:info@getkidsactive.com) for more information. Walk the family pet. Organise games or outings with neighbours or other families. The main thing is to get out in the sun (Remember to Slip, Slop, Slap, and Wrap), and have a fun, Active Summer Season. Be a role model for your children. Go out and play games with them and join in on the fun. If you require any help with ideas, or you have a query about anything please do not hesitate to contact me for more information. I am more than happy to help you out!