



DERBY CITY COUNCIL



- 1. Be active together.** Quality time isn't time in front of the TV. Plan some activities together – being active together will improve personal relationships and get your family communicating better.
- 2. Encourage both moderate and vigorous activities every day.** As a family aim to do a range of different activities that help everyone develop healthy bones, muscles and joints. Do moderate exercise like brisk walking and vigorous activities that make everyone 'huff and puff' – like a game of footy in the park.
- 3. Get active any way you can.** Join in games together with your children. Throw a Frisbee or a ball, fly a kit, play rounders or go for a bike ride.
- 4. Get involved in a team.** There are lots of sports clubs that welcome adults and juniors – contact b-sporty on 01332 715665 for information on clubs in Derby.
- 5. Take up active recreation at every opportunity.** Enrol kids in dance classes, or enrol yourself! The tango can give you quite a workout. Try roller skating, take up swimming or go for a walk – all activities you can do together as a family.
- 6. Reduce inactive leisure time.** Limit television time, cut down on video games and reduce time surfing the net. Replace it with active leisure time!
- 7. Go for free family fun.** Not all family activities cost your money. There are many free activities like a family walk, or a game in the garden or local park.
- 8. Lock up your car.** Leave the car at home for short journeys like the school run and trips to the shops – cycle, walk or get on your rollerblades instead.
- 9. Give gifts and presents that encourage activities.** For birthdays and Christmas, give bats and balls, Frisbees, bikes, skateboards or skipping ropes. Make it easy for your children to stay active.
- 10. Schedule an activity routine every weekend.**

