## Power Up Your Kids' Play

Any activity that gets kids' hearts beating faster and makes them breathe harder counts as power **play**. It can be as simple as dancing in the living room or jumping rope at the park. The key is to have fun!

- Lead by example. Stay active yourself and be active with your kids. Go for family walks, ride bikes together, or play at a local park.
- Add it up. Your kids should be active throughout the day for a total of 60 minutes of power play.
- Agree on safe indoor activities. Kids can have dance contests, hula-hoop, or exercise with kid-friendly fitness videos or to their favorite music.
- Find help in your community. Many communities offer low-cost or free after-school and summer programs. Check with

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your local school, parks and recreation department, YMCA, Boys & Girls Club, church, or other community groups.

Team up with your neighbors. Take turns walking your kids to and from school and watching them when they play outside.

Source: CalFresh Healthy Living, California Department of Public Health. https:// calfreshhealthyliving.cdph.ca.gov/en/tips/ Pages/Power-Up-Your-Kids'-Play.aspx



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