

## Sharing Active Interests May Get Families Moving

(NAPSA)—An increasing number of American families are finding out how much fun it is to take steps toward more physical activities together.

Helpful ways to share favorite physical activities are among hundreds of ideas offered by the U.S. Department of Health and Human Services' Centers for Disease Control and Prevention's (CDC) national, award winning VERB™ campaign. It's designed to motivate, inspire and encourage children to increase their physical activities in order to displace unhealthy, risky behaviors.

Here are a few hints that may help you join in:

- Take a family hike. The nature-lovers in the family can teach everyone something about the trees, flowers and plants you pass. For a map of trails, go to [www.VERBparents.com](http://www.VERBparents.com).

- Encourage children to volunteer to walk dogs at an animal shelter. Find out how from the American Society for the Prevention of Cruelty to Animals at [www.asPCA.org](http://www.asPCA.org) and the Humane Society at [www.hsus.org](http://www.hsus.org).

- Sign up as a family for a charity walk or bike ride.

- Organize family races in the park or a neighborhood paddleball tournament.

- Join a softball team. Learn more at [www.softball.org](http://www.softball.org).

- Try a game of street hockey. Learn more from the YMCA at [www.ymca.net](http://www.ymca.net) or [NHL.com/kids](http://NHL.com/kids) and click on NHL STREET.

- Plan a family swim day. Learn how and where from the American Red Cross at [www.redcross.org](http://www.redcross.org).

- Remember, even indoor games can be invigorating. Try an active game of charades.

Experts recommend that children engage in 60 minutes of moderate to vigorous physical activity a day. It's important for their future health.



**A great way parents can inspire their children to get active is to showcase each family member's favorite physical activity.**

“Obesity costs the country \$117 billion dollars a year in medical expenses,” said Dr. James Marks, director, CDC's National Center for Chronic Disease Prevention and Health Promotion. “The VERB campaign gives children concrete examples of how to get active in a fun, cool and meaningful way. The campaign uses role models such as famous athletes so children can see firsthand benefits of physical activity.”

For an overview of the VERB campaign, partners, physical activity resources, the campaign pressroom and to look at the latest advertising, log on to [www.cdc.gov/VERB](http://www.cdc.gov/VERB).

Check out the tween Web site, [www.VERBnow.com](http://www.VERBnow.com), to find cool activities, trendy games and interesting activity tips. Tweens can record their activity every day by using My VERB Recorder.

The VERB Web site, [www.VERBparents.com](http://www.VERBparents.com), is a valuable resource for busy parents who want to learn more about the VERB campaign and the importance of physical activity. The site includes an activity finder for parents to learn about new activities in their communities.