



Move Together as a Family!

Studies across a wide range of age groups have shown that [spending time outside](#) is associated with increased levels of moderate to vigorous-intensity physical activity. Being physically active outside creates positive feelings about exercise, and can even boost mood and lower depression. If you can't get outside, jumping rope, learning dance moves, or [exercising](#) indoors are great ways for your kids to boost their health and strength. Let's get creative and find ways to spend time as a [family being active](#)!

Let the Kids Have Fun Growing Strong at Your Local Playground

- Overhead play like monkey bars and overhead sliding tracks provide numerous health benefits like developing hand-eye coordination, increasing arm strength, flexibility, and endurance.
- Climbing activities challenge kids to problem solve as they move from one area to the next. Jungle rocks and walls, rope bridges, climbers, and ladders allow kids to climb and build lower body function, and increase agility, speed, balance, and coordination.
- Who doesn't love slides? Slides are fun and engage your kids' core muscles as they learn how to position their bodies for a faster slide experience!
- Swinging is a favorite! Swings provide a means for kids to learn how to focus on balance and synchronized movements to swing higher and faster.
- Hop hop away and find a grid to play hopscotch. This can help your kids work on their single-leg strength and balance. Encourage them to try hopping with each leg to see which one is stronger!

Parent Power Tips from the SuperKids Nutrition Founder

If you feel like dinnertime is a constant battle of wills, try taking a new approach. Made [dinnertime](#) a collaborative experience and have the kids choose the meal AND help you cook it! By having them choose what they want to eat, and involving them in the process of actually making the meal, you're empowering them to make better decisions.

Make a deal with your kids – a few times a week, have a “Kid's Choice Night,” where they choose the menu and help you cook! Use these tips:

- Offer 2-3 vegetables—[let them choose](#) 1 or 2.
- Be patient and understand what they can do based on their [age level](#).
- For teens, encourage them by providing guidance when needed – see these [helpful tips](#).
- Make sure you're not cooking on a day when you're wiped out, are in a rush, or in a less forgiving mood. Here are some more tips on [getting started](#).

Visit us at SuperKidsNutrition.com, [Instagram](#), [Pinterest](#), [Facebook](#) and [Twitter](#) for fun, tasty, and good-for-you ideas!



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