Use Physical **ACTIVITY** AS A **REWARD**

Research indicates that active video games may be an effective way to increase kids' overall physical activity levels. Energy used during active video game play is comparable to moderate-intensity walking.

**Using physical activity instead of a food reward:**

- Helps kids get their 1 hour a day!
- Makes physical activity fun!
- Won’t limit how many rewards you can give, as they just add up to more activity for kids!

**So next time you want to reward kids, think about how you could make it physically active.**

**Here are some ideas to get you started:**

- Dancing to favorite music.
- A ‘walk and talk’ with a special person.
- Extra outdoor time.
- Setting up an obstacle course.
- Special access to particular toys or games that promote movement, like a bike or jump rope.
- A monthly physical activity event to celebrate accomplishments.
- Access to active video games (e.g. Wii, Dance Dance Revolution).

**kids love to move!**

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