

## 5 Fun Ways to

## Get Kids Moving Without Spending a Fortune

These family tips combine eco-principles with frugality: saving money, getting strong, and reducing waste at the same time. They get kids moving and having fun, while leaving the family budget intact. Pediatric experts recommend that kids get a healthy dose of 'free' play where they can actively socialize with friends and family.

### **1. Re-schedule your family calendar.**

Start with a check of your calendars and budget. Is the schedule too tightly packed and all stressed out? Do you have enough quality time as a family to eat and play together? Are you driving too much and not getting enough physical activity? Do you need to cut down on unnecessary expenses? How could you give your kids more of the attention they crave?

### **2. Re-think screen time in your home.**

Entertainment screens use lots of electricity (TVs alone use 3 percent of household energy). Pediatricians recommend no screen-time for children under 2 and less than 2 hours a day for older kids. Turning off screens saves money and helps kids become healthier, smarter, and better behaved. It also gives your family time for active fun and togetherness.

### **3. Re-imagine toys for tots.**

Small children will play with almost anything. Often old stuff can be better than fancy new toys. Reused kitchen containers (cereal boxes, margarine tubs, plastic bottles, etc.) gives toddlers hours of no-cost entertainment and minimizes the trash in your landfill. Fill empty containers with crumbled newspaper for stacking or with dried beans for making music.

### **4. Re-define transportation to school.**

This idea is easy on the pocketbook and environment and real good for kid's health. For strong bodies, smart brains, and best behavior, children need at least 60 minutes of daily physical activity. Walking or biking to school saves money, reduces pollution, and gets kids moving. Walk or bike with your kids and you won't need to buy an expensive treadmill!

### **5. Re-discover the joy of family time.**

A family that plays together, stays together. Kids get more than a healthy body from family play time. They enjoy security and stability, while learning lifelong values, like hard work, fair play, and giving everyone a turn. All this and a ton of fun too! Need sports equipment or bikes for family activities? Check out garage sales, thrift stores, and equipment swaps.