

## Resources for Families

The *Let's Move!* and Head Start Body Start initiatives have developed wonderful resources for promoting physical activity at home and in the community. Many of the ideas are relevant to families that have children from birth through age 12. Take some time to explore the resources and download those you could use in your work.

### **Let's Move Family Activities:**

[http://www.letsmove.gov/sites/letsmove.gov/files/Family\\_Activities.pdf](http://www.letsmove.gov/sites/letsmove.gov/files/Family_Activities.pdf)

These provide everything you need to enjoy activities with your family. You will learn how to improve the quality and quantity of physical activity, motor skill development, and active play for children.

### **Let's Move Family Calendar:**

[http://www.letsmove.gov/sites/letsmove.gov/files/Family\\_Calendar.pdf](http://www.letsmove.gov/sites/letsmove.gov/files/Family_Calendar.pdf)

This calendar helps plan and track weekly activity. This is a great resource for families to hang on the refrigerator and look at every day. The website offers one generic weekly calendar that can be reused week-after-week.

### **Family Activity Calendar:**

<http://www.healthychildcare.org/PDF/LetsMove%20CalendarENGLCalendarFULL.pdf>

This calendar provides fun ideas for every night of the year. The ideas are simple, fun, and engaging. This is a great resource for families to hang on the refrigerator and look at every day. The website offers one generic calendar that can be reused year-after-year, but it also offers a new monthly calendar every month.