

# Use Physical Activity as a Reward



## Why Use Physical Activity as a Reward?

- It can help children reach 1 hour of physical activity a day
- It makes physical activity fun
- Allows for many rewards

## Ways to Use Physical Activity as a Reward

- Put on music and dance
- Take a 'walk and talk' with a special person
- Offer extra outdoor time
- Set up an obstacle course indoors or outside
- Plan a monthly activity

## Make Physical Activity Fun for Everyone

- Offer activities that help children practice their motor skills
- Create a buddy system so no one is left out
- Use equipment in different sizes and weights
- Consider everyone's interests when planning activities

Children and youth are more likely to find physical activity fun when they feel good. Having friends to play with and equipment that matches their needs and interests can also motivate them to be more active.

### TIP

#### Note on active video games: (Examples: Wii, Xbox Kinect, Augmented Reality (AR), Active Virtual Reality (AVR))

Many active video games promote only light-to-moderate activity. AVR, may offer moderate-to-vigorous activity for short periods of time. Active gaming can be good for teens who might not be very active. Before choosing video games as an activity, think of other activities that provide more movement. When choosing active video games make sure an adult is present and the games are used for a short time.