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NEWS RELEASE

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Let's get moving...

Fall is the perfect time to enjoy fun physical activity. Keeping active is essential to maintain a healthy body throughout the fall months. Physical activity can be planned or spontaneous and can involve a variety of activities.

Try these fun activities with your children this fall...

Get moving indoors

- act out a fall storybook such as *The Talking Vegetables* by Won-Ldy Paye and Margaret Lippert
- create an obstacle course
- dance to music
- cook with your children

Get moving outdoors

- enjoy autumn leaves
- take a nature hike and look for animal tracks
- go to the zoo
- decorate outdoor trees for birds

Be sure to do activities that your children enjoy and make sure to include age appropriate activities.

Fall weather offers great ways to have family fun. Remember, everyday adults need at least 30 minutes of physical activity and children need at least 60 minutes of physical activity. Being physically active for good health is the best reason to routinely include regular physical activity into your family's everyday lives!

Parents and child care providers can learn more about making healthy choices and physical activity for young children through the Nutrition BEST program with the UCCE at (530) 889-7350 or visit us on the web at <http://ceplacer.ucdavis.edu>.

Sharon K. Junge
County Director