

20 Fun Things For Kids to Do While Walking*



1. Play "I Spy"
2. Throw a ball back and forth
3. Go to a park where there is circuit or station training
4. Walk with a friend and talk
5. Bring a voice recorder and record your grocery list or plan your week
6. See how long you can walk while balancing an object on your hand or head
7. Have a contest with a friend or your children to see who can balance an object longer
8. Bring a Frisbee^{®**} to toss
9. Play Frisbee^{®**} golf
10. Reflect on your day
11. Go on nature walks
12. Dance, skip or march
13. Count different birds or animals that you see
14. Find shapes in clouds
15. Play follow the leader
16. Feed the ducks or birds
17. Take your dog with you
18. Take a stroll to work off dinner (especially on holidays with big meals!)
19. Go pick wild flowers
20. Walk on the beach



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No Calorie Sweetener

*Adapted from America On the Move[®] Family Study, developed at the University of Colorado at Denver and Health Sciences Center by Dr. James Hill, co-founder of America On the Move[®], with support from McNeil Nutritionals, LLC.

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