



# An Hour a Day to Play

Children need at least 60 minutes of physical activity each day.



PREVENT. PROMOTE. PROTECT.

Developed by Healthy Children Healthy Weights at Columbus Public Health

For information about these materials visit [www.publichealth.columbus.gov](http://www.publichealth.columbus.gov)



THE CITY OF COLUMBUS  
MICHAEL B. COLEMAN, MAYOR

COLUMBUS PUBLIC HEALTH







# HEALTHY FAMILIES: ACTIVITY OF THE MONTH



## An Hour a Day to Play



### Family Walks

Go for a walk around your neighborhood as a family. Map out your route ahead of time to set a walking goal and aim for at least 30 minutes. Take the family dog, dress appropriately, leave the electronics behind, and head out the door. Ask your child about his/her day, tell them about your day, and talk about what you are seeing on your walk. Make up stories about the houses you see or buildings you pass on your walk to make it even more fun; encourage your child to use his/her imagination!

### Play Tag

Play a game of tag in the yard. Switch it up and try different varieties such as freeze tag, clothespin tag, hide-and-seek, kick the can, etc. Make up your own family rules for a new creative twist. Visit the Ultimate Camp Resource website at: <http://www.ultimatecampresource.com/site/camp-activities/tag-games.page-1.html> for a list of great ideas.



# wiki (fast) rice

## Ingredients

1 tablespoon canola oil

1 tablespoon fresh garlic,  
minced (about 3 cloves)  
(or 1 teaspoon garlic powder)

1 teaspoon fresh ginger, minced  
(or 1/4 teaspoon dried)

1 tablespoon scallions (green  
onions), rinsed and minced

1/2 cup canned sliced water  
chestnuts, drained

2 cups cooked mixed vegetables  
(or 1/2 bag frozen stir-fry  
vegetable mix)

2 cups cooked brown rice

1 tablespoon lite soy sauce

1 teaspoon sesame oil



1. Heat canola oil in a large wok or sauté pan over medium heat. Add garlic, ginger, and scallions, and cook until fragrant, about 1 minute.
2. Add water chestnuts, and continue to cook until they begin to soften, another 1–2 minutes.
3. Add vegetables, and toss until heated through, about 2–3 minutes (or up to 5 minutes for frozen vegetables).
4. Add rice, and continue to cook until hot, about 3–5 minutes.
5. Add soy sauce and sesame oil. Toss well, and serve.

**Yield** 4 servings, **Serving Size** about 1 cup rice and vegetables, **Calories** 179, **Total Fat** 6 g, **Saturated Fat** 1 g, **Cholesterol** 0 mg, **Sodium** 113 mg, **Total Fiber** 2 g, **Protein** 4 g, **Carbohydrates** 29 g, **Potassium** 88 mg



National Heart, Lung,  
and Blood Institute

# Kick'n Chicken Pitas

## Ingredients

- 2 cups shredded romaine lettuce
- 1 cup red or green seedless grapes, each grape cut in half
- 1 cup chopped cooked chicken breast, cold
- 1/3 cup crispy chow mein noodles
- 1/3 cup shredded carrots
- 2 tablespoons sliced green onions
- 4 tablespoons light Oriental salad dressing
- 2 whole wheat pita pockets, each cut in half

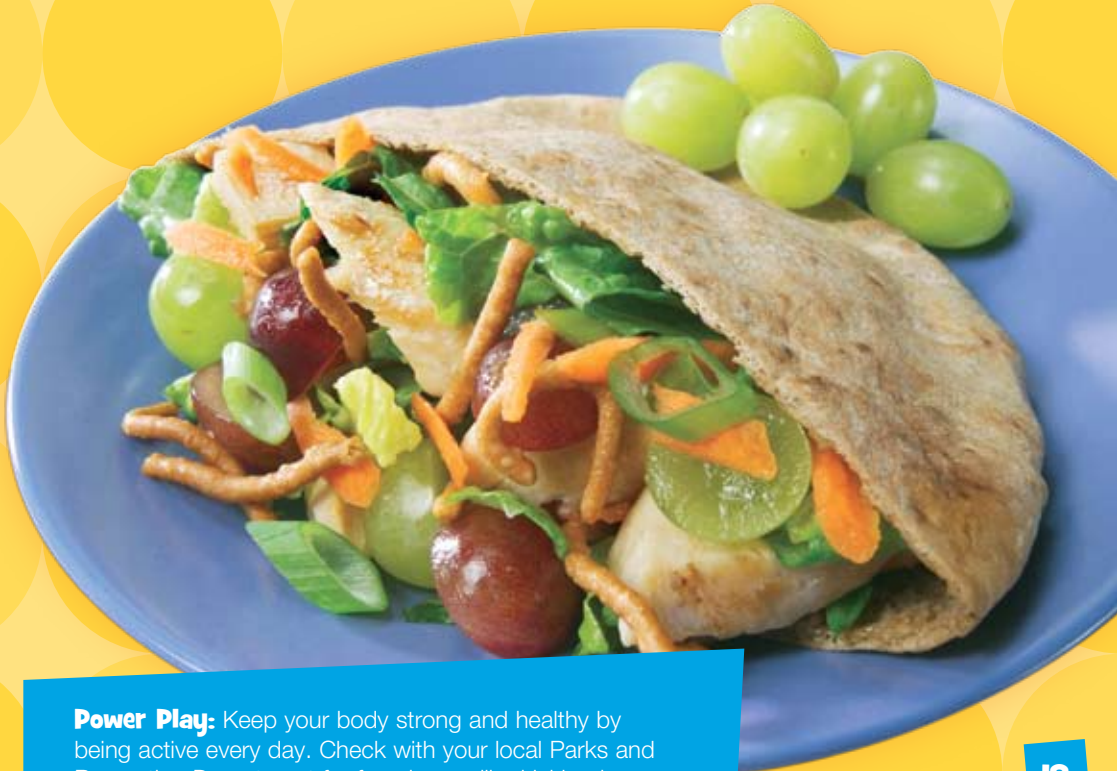
## Preparation

1. Combine romaine lettuce, grapes, chicken, chow mein noodles, carrots, and green onions in a medium bowl. Mix well with a large spoon.
2. Add dressing to bowl. Mix until ingredients are coated with dressing.
3. Spoon about 1 cup of mixture into each pita pocket half. Serve.

**Makes 4 servings.** *One serving equals 1 pita half.*

**Preparation time:** 15 minutes

Network for A Healthy California: Kids...Get Cookin'! Fast and Fun Recipes  
Available at: [www.cdph.ca.gov](http://www.cdph.ca.gov)



**Power Play:** Keep your body strong and healthy by being active every day. Check with your local Parks and Recreation Department for fun classes like kickboxing.

# An Hour a Day to Play!

Children need at least 60 minutes of physical activity each day.

Here are some physical activities that you can do with your children...

## ACTIVITIES FOR TODDLERS AND PRESCHOOLERS:

- Play games like Ring Around the Rosy or Hide and Seek.
- Throw, kick or roll balls back and forth.
- Do chores together, like sorting socks, vacuuming and sweeping.
- Take a walk outside to spot different things, like flowers, buses, and bikes.
- Take a walk to a store or playground.
- Turn on music and have a dance party.
- When going out, choose places where you can walk, like parks, farmers markets, community gardens or the zoo.



## Activities for Infants

- Play the Hokey Pokey moving their arms and legs
- Make sure they get tummy time to build strength
- Work on balance by holding hands as they stand or walk