

Bulletin Boards in a SNAP

Title: *Family Fun Time Display*

Developed by: *Mindy Meuli, MS, RD, University of Wyoming Cent\$ible Nutrition Program, mmeuli1@uwyo.edu*

Audience: *Parents or grandparents raising children.*

Objective: *The purpose of this display is to encourage families to increase play time together and increase physical activity. Appreciate fun physical activities that can be done together.*

Handout: *Top 10 Tips for Family Fitness*

Interactive Component: *Play musical chairs. Have some balloons available to play balloon volleyball. Play an interactive game, like Charades, where the audience acts out an activity. Have people shout out ideas for activities they can do with their kids.*

Background: *Lifestyle physical activity includes activities that become a regular part of your day such as taking the stairs, gardening, housekeeping, shoveling the walk, or parking futher and walking.*

Exercise is a form of physical activity. Exercise is planned, structured, repetitive body movements done to improve or maintain physical fitness. In contrast, physical activity is any body movement produced by skeletal muscles that results in energy expenditure.

Research documents many benefits of regular physical activity. Regular physical activity allows us to do the things we need and want to do with ease and enjoyment while also helping prevent chronic diseases. The benefits of physical activity can be realized at a young age. Incorporating physical activity into your families day can have benefits that last a lifetime for you and your children.

Resources: *WIN Steps and WIN Kids.*

Credit: *Adapted from: Inter-Tribal Council of Arizona WIC Program and Nibbles for Health, Nutrition Newsletter for Parents of Young Children, USDA, Food and Nutrition Services. Developed by Wyoming SNAP team.*

Evaluation Request: Wyoming SNAP hopes you find this information useful in your educational setting. We appreciate any and all comments or feedback on this display. Please connect and complete a quick survey at <https://survey.uwyo.edu/TakeSurvey.aspx?SurveyID=p21L8o6K>

Related files:

- Display elements
- Schematic/photograph of display
- Handout(s)