



How can I get my kids more involved in exercise?

October is National Children's Health Awareness Month--a great time to get the family moving! Take a hike in one of our [Indiana state parks](#) to enjoy the beautiful fall leaves, or enjoy a family bike ride through the neighborhood. If you have smaller kids, try family-friendly exercise DVDs or play active games “with” them outside instead of just watching them play.

Bottom line: lead by example. Children will be more excited about exercise if the whole family enjoys healthy pursuits together.

