6. SUBJECT: Kids will keep you young!

I think we’d all agree—kids will definitely keep you young! Or you might be thinking, like I do some days, that they also make you age more quickly!

Seriously, though, staying active with your kids can be a great way to connect—and it brings benefit to you as a parent, too.

Here’s today’s *Tip for Modern Parents*:

**Be active with your kids to build your relationship with them while investing in your own health at the same time.**

Staying active doesn’t have to look the same for every family. There are lots of ways you can be active with your kids! Here are some to choose from:

* Play team sports together
* Play a game of tag in the backyard
* Take a walk to the park
* Walk to the grocery store to pick up things for dinner
* Ride bikes together
* Race to see who can put the groceries away first
* Swim laps in your neighborhood pool

The possibilities are endless. Ask your child what he or she would like to do this weekend to be active together. And then enjoy the benefits that will come!

Onward to better parenting,

ADD NAME