

Hooray!

## for Family Fitness

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### Family fitness activities

Plant a garden • Go to a National Park • Roller skate • Shoot baskets • Play catch • Walk after dinner • Clean the house  
Pick up trash in your neighborhood • Visit a museum • Stretch  
Play Frisbee • Go swimming • Join a family gym • Play tennis  
Walk to school together • Play volleyball • Wash the car • Go on a hike • Take dance lessons • Go camping • Do an aerobics video • Go on a picnic • Walk around the mall • Go to the lake • Ski or sled • Play soccer • Learn yoga • Do jumping jacks during TV commercials • Draw and/or paint • Ride bikes • Go bowling • Play touch football • Do push-ups  
Play miniature golf • Jump rope • Have a water balloon fight  
Run through sprinklers • Build a tree house or a fort • Set weekly family fitness goals • Go ice skating • Walk to the local library • Fly a kite • Walk through the zoo • Do a home improvement project together • Go grocery shopping together  
Play tag or hide and go seek • Go horseback riding • Lift weights  
Walk the dog • Go rollerskating • Take a self-defense class  
Play a game of kickball • Have a hoola-hoop contest

