

## Activity made easy

**Plan-** activities for all members of the family to enjoy. Do these activities once a week.

- Go on a family bike ride.
- Plant a family garden.
- Pack a picnic meal to eat at the park and go on a hike.

### Set a good example!

**Plan-**Get active and your kids will follow your lead.

- Make a regular date to walk with friends or neighbors.
- Join a community activity group, such as aerobics or karate.

### Get up and get moving!

**Play-**Reduce TV watching and increase active play.

Did you know that being physically

- Increases fitness levels and keeps the heart and lungs healthy
- Builds and maintains healthy bones, muscles, and joints.
- Helps control weight to decrease the risk of many diseases.
- Boosts energy and promotes sound sleep.
- Helps everyone feel good about themselves and happier in general



# Make family time an active time!



A guide for fun family fitness!

## Keep moving by doing things you enjoy

- Ride a bike
- Walk the dog
- Roller skate, scooter, or in-line skate
- Play basketball, baseball, soccer, or football
- Play catch
- Jump rope or jog in place
- Mow the grass or rake the lawn
- Clean your room
- Swim
- Take the stairs

## Make family fitness first

*Kids are naturally active.  
Help them stay that way.*

Make a list of activities you can do as a family.

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Adults need at least 30 minutes of exercise on

## Sneak it in

Here are some simple ways to get activity in throughout your day.

- Stretch every muscle as soon as you get out of bed.
- Walk instead of driving if possible.
- Make your bed in the morning
- Tidy up your room every morning.
- Carry out the trash
- Dance to some music while getting ready in the morning.
- Do push-ups while

