



# Ideas to exercise with your kids

Try to aim for **30 minutes** of continuous movement!

- Parent runs while kids run or bike ride along side
- Circuit workout in house, driveway, or backyard
- Family bike ride
- Run around the track at a school
- Backyard soccer or kickball
- Wheelbarrow races
- Relay races (frog jumps, crab walk, bear crawl, etc.)
- Play basketball
- Hopscotch with chalk on driveway (chalk included in family box)
- Freeze tag (when you are frozen, jog in place)
- Hiking on a trail
- Sprint up and down the street
- Jump rope
- Family dance party
- Tennis
- Yoga (You can find yoga workouts on YouTube for free!)
- Skipping and speed walk alternate
- Hopping backwards
- Create an obstacle course in backyard
- Walk to the store or along a trail

