



Family Fitness



- One way to fit fitness into the schedule is to turn it into a family activity.
- Doing physical activity as a family improves the health and moods of both the parents and the children.
- It's a great opportunity to spend time together.
- Parents are role models for their kids, so making family fitness a priority sets a great example.
- Being physically active and eating well promotes disease prevention, weight loss, stress reduction, improved performance at school and work, longer lives, and more!



Start a Family Fitness Plan

A family fitness plan can be simple and shouldn't feel overwhelming. Here are ways to start your plan:

- Set a good example: Choose being active over inactive. Walk to the store instead of driving, take the stairs, or park farther away from the store.
- Enjoy your exercise: Tell your child how you feel after you're done.
- Play together: Kids love your attention.
- Praise effort, not results: Be sure to acknowledge how hard they're trying.
- Offer positive reinforcement: If your child makes a healthy choice, take notice and let them know.
- Make a commitment: Add more activity to your life.



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

