



31 FITNESS TIPS FOR THE WHOLE FAMILY

Take regular walks together

Limit the amount of screen time for everyone

Use physical activity as a reward (ice skating, swimming, etc.)

Encourage your family to use the stairs

Play upbeat music and dance together while doing chores

Park further away from stores when running errands

Fly kites

Play hopscotch

Get active for a cause- like an awareness walk for the whole family!

Create active scavenger hunts around your house, yard or neighborhood

Explore your local playgrounds

Go for a bike ride

Plan active family vacations

Learn a new sport together (like pickleball)

Get your kids involved in a weekly physical activity calendar

Encourage exploration of individual physical activity

Turn TV commercials into fitness breaks

Do yardwork together

Create an obstacle course from household objects

Set the example by making sure to prioritize your own fitness

Wash the car together

Have an active family game night instead of board games

Use a little competition as a motivator

Jump into games with your kids! Don't avoid playing tag, catch, or jump rope

Take a virtual family yoga class in your living room

Practice breathing exercises

Spend a few nights a week stretching

Research and try "geo-caching" around your neighborhood

Have a dance party

Hire a Personal Trainer for Family Training

No matter what activity you choose, try to spend at least 30 minutes a day being active!