



Putting FUN into Family Fitness

Everyone agrees on these few fitness facts. #1: American families - both kids and adults - are not getting the physical activity they need. #2: Being fit helps you stay healthy and perform better at school and work. #3: Short 10-minute 'sparks' of activity can be just as good for you and more enjoyable than longer bouts of 'exercise.' Make a resolution to have some active family FUN every day and reap the benefits for every body from granddad to the dog!

PLAN

Make a family list: For those "I'm BORED" moments, write down ALL the FUN ways that your family likes to play and post the list where you can easily find it.

Get equipped: Make a couple of FUN baskets or bins - balls, jump ropes, rackets, Frisbees®, and other active toys. Keep them in plain sight, ready for playtime anytime.

Put FUN on the calendar: With today's busy schedules, it can sometimes feel like there is "no time." So, you just have to make time by putting it on everyone's calendar.

PLAY

When you think like a child, activity can become an everyday part of your family's FUN lifestyle. Be spontaneous and look for ways to just "move it" throughout the day:

- 1. Toss a toy:** Nerf® balls and stuffed animals are great for a quick game of catch.
- 2. Play a game:** Any active game works: hopscotch, Simon Says, or even tag!
- 3. Bounce a ball:** At home or the park, football, basketball, softball, ANY ball.
- 4. Move to music:** It can be real dancing or just old fashioned jumping around.
- 5. Run a dog around:** Furry pets need activity as much as their human families.
- 6. Fly a kite:** All you need is some wind, open space, string, and an inexpensive kite.
- 7. Hunt for treasure:** Hide-n-seek is great with people, eggs, or almost anything!
- 8. Go for a picnic:** Walking or hiking is much more FUN with a meal at the end.
- 9. Chase a dream:** Catching bugs is FUN and so is taking photos of clouds.
- 10. Share special time:** Kids love to do ANY activity with adults who care.

ENJOY

A family that plays together can have a ton of FUN. Active play is always a win-win-win for children's (and parents') physical, mental, and emotional health!