

# Fitness Tips for Families

## Set a good example.

- Be active as a parent and get your family to join you. Have fun. Go for walks or bike rides as a family. Play with the dog. Do yoga in the living room. Turn on some music and dance. Just move and get your kids to join!

## Establish a routine.

- Just like a bedtime routine keeps you well rested, an exercise routine can ensure that you are moving every day. Find the best time of day for you set aside 30 or 60 minutes for physical activity. Whether that is before school/work or after, stick to it to keep your family active.

## Have an activity party.

- Make the next birthday party centered on some kind of fun activity. Try backyard relay races, a pool party, or go bowling or skating!

## Move it!

- You're probably going to watch TV at some point, so why not get the most out of it. Get up and do some push-ups, jumping jacks, squats, or stretches during commercial breaks. Make sure to take walk breaks during video game play as well.

## Give activity gifts.

- Give your kids gifts or experiences that encourage physical activity. This can be active games, sporting equipment, a charity 5k race, or a walking day at the zoo, amusement park, or zipline park.

## Take it outside.

- When you can't think of something else to do, go outside to the yard, water, or park. Here you can throw a ball or Frisbee, run around and play tag, kick a soccer ball, splash in a pool, take a hike, ride bikes, or kayak.

**What do you already do to be active with your family?**