101 Tips for Family Fitness Fun

Getting started...

1. Schedule regular times throughout the week for your family to be physically active.
2. Help everyone find something active that they enjoy and feel successful at doing.
3. Use a pedometer to determine which activities require the most steps.
4. Write down personal goals and track everyone’s progress.
5. Wear loose-fitting clothing and proper shoes to prevent friction of movement.
6. Be sure to warm up. Stay flexible by stretching and cool down following your workout.
7. Remember: it does not have to cost a lot of money to activate the family!

Tips for the home...

7. Practica safe balance and stunts during TV commercials.
8. Move a living party to introduce your family to new fruits and vegetables.
9. Select physical activity-oriented gifts with the recipient’s skills, interests and needs in mind.
10. See how many steps you can get on your pedometer while cleaning, baby sitting, cooking dinner or watching television.
11. Use physical activity as a reward (e.g., family gone biking skating).
12. Create a scavenger hunt on a rainy day and have a race to see who can find everything.
13. Emphasize the importance of having fun and learning; avoid a push for perfection.
14. Get off the couch and change the channel manually—or better yet, turn it off.
15. Plan a “Post-Thanksgiving Dinner Walk” for the whole family.

Tips for the kitchen...

16. Pack your own nutritious lunches, drinks, and meals for family outings.
17. Sort fruits and vegtables washed, cut, chilled and readily available for snacking.
18. Create a scavenger hunt on a rainy day and have a time to... who can find everything.
19. Tou around as many different-shaped baits, objects as you can find.
20. Count how many hula-hooping rotations everyone can do.
21. Have cold containers of water, juice, or sport drinks available during and after workouts.

The Great Outdoors...

38. Discover what free and low-cost physical activity areas are near your home (e.g., park, bike trail, tennis court, swimming pool, lake, etc.).
39. Volunteer to help a neighbor mow their lawn, rake leaves, or trim up their yard.
40. Shovel snow; build a snow sculpture; make snow angels; build a snow house.
41. Dig in and plant in the garden. Have family members plant their own vegetables, fruits and flowers.
42. Chop and stack wood.
43. Take a long walk or jog on the beach, in the park, or around your neighborhood.
44. Cross country ski around town and into the woods.
45. Use a computer to map out a course—then set out on a walk, jog, or bike trip.
46. Censor or keep an active aflimation.
47. Ice skate for a great winter workout.
48. Diving always gives the family a lift.
49. Enjoy water activities.
50. Play a game of mixed-age backyard or water volleyball.

Tips for the neighborhood...

16. Take advantage of facilities
17. Go on family days
18. Around the House
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Tips for the work...

26. Pack a lunch that includes whole grain, fruits and vegetables.
27. Devise a portion of your lunch break to physical activity (e.g., walking).
28. Walk to a co-worker’s desk rather than using the phone or email.
29. Make plans with a co-worker to go to a gym or organiza an office softball or basketball team.
30. Get up from your desk every hour or two to walk and stretch.
31. Always use the stairs.
32. Carry home (book bags, groceries, etc.) in a manner that maintains proper alignment and helps build strength.
33. Encourage everyone to “not cut” a story as you read it.
34. Have everyone choose a city they want to visit. Add everyone’s destination stops together at the end of the day and convert the city to a travel guide. See how long it takes to get to each city.
35. Play upbeat music while you wash and shake through your chores.
36. Get off the bus a few steps early and walk. 
37. Pack a distance from the grocery store so you can walk and get more steps on your pedometer.

Tips for school...

22. Talk to the physical education teacher about your child’s physical education program and how you can provide support.
23. Volunteer to help with physical activity events such as field days.
24. Organize a walking school bus for International Walk to School Week in October.
25. Insist that recess is available daily for elementary school students.
26. Encourage your school to offer intramural and a wide variety of high school sports.

Tips for anywhere...

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YES in your backyard...

51. Have cold containers of water, juice, or sport drinks available during and after workouts.
52. Take the family grocery shopping as everyone can learn to read the nutrition labels (e.g., find the cereal that offers the most fiber per serving. Find the lowest sodium choice).
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Tips for the neighborhood, community and beyond...

- Organize a tennis, volleyball... be sure to have a buddy in supervised area.
- Enjoy a weekend afternoon of physical activities at a local community center.
- Plan a "walk no talk" (walk and talk) with a friend the same time every week.
- Play on or off site - challenge family members to try their skills over/under crossing a horizontal ladder (monkey bars).
- Take a historical or architectural walk or cycling tour.
- Plan a "Block Fitness Festival."
- Adopt a neighborhood park or beach and keep it clean.
- Participate in a "walkathon" - "the German "people's walk" in Berlin is in March and in 1988 alone 6,000 miles.
- Take part in a real walk - especially in bad weather.
- Rent and host a new community exercise opportunity.
- Enter a "Fun Run" as a walkathon for a good cause.
- Create an indoor fitness trail or per course for the community.

Take advantage of what you've got around the house...

- Use a bench or sofa for simple exercises.
- Use pillows, socks, or mattresses to create safe and soft play areas to walk, jump and tumble.
- Create a wonderful backyard obstacle course using an old tire, bale, loop, mazes for mud, beads for balance, create for stone and swings is amazing.
- Celebrate your new physically active family!

Take advantage of facilities in your neighborhood...

- Check out the facilities at the local Y, health club, and recreation center.
- Organize a party at an indoor or outdoor skating rink.
- Walk or bike to the tennis court and play.
- Participate in a mixed-age martial arts class.

On rainy days or when stormy weather keeps you indoors Don't be Stuck – Liven Up!... Music Makes it Easy!

- Create a family video of exercises routines.
- Try a musical rendition of Steven Tyler.
- Invite friends and neighbors over for some live dancing.
- Go see who's most flexible in a game of Twister.