

Healthy @HOME

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Ideas for Fun Family Fitness

Staying at home together offers the ideal opportunity to teach your kids healthy habits that could last them a lifetime.

Set aside a special time every day dedicated to doing something that gets you moving. To keep everyone engaged, have family members rotate choosing the activity you do every day.

Here are ideas on how to incorporate fitness into your family's schedule and stay healthy – together!

- Plan a family bike ride and pack a picnic lunch to enjoy while you're together.
- Go for a nature scavenger hunt. Create a list of things you might see out in nature, then hit the trails or parks and check off as many as you can find.
- Walk the dog as a family or schedule regular family walks around the neighborhood.
- Organize a family game of soccer, tennis, basketball or baseball.
- Add water. Set up a water slide, or just run through the sprinkler together.
- Learn to be calm and stretch while trying yoga together.
- Go online and research the basics of a new form of exercise, like martial arts, and learn it together.
- Turn on some music and have a dance party. Choreograph a family dance!
- If you're outside, add bubbles for extra fun!
- Play a game of tag, four-square, dodgeball, or hide-and-seek.



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