

# FitFuture

strategies for better living.

## Series on Fitness & Nutrition for Families

### Being Active Together: 25 Tips For Family Fitness

By Jennifer Kerr, MS, RD

#### Have a Fitness Plan

1. Schedule regular time for physical activity
2. Allow each family member a turn for selecting a group activity
3. Create a log or chart of daily fitness activities for each family member
4. Adapt activities to suit those with special needs and preferences
5. Help each member find activities that make him/her feel successful

#### At Home

6. Limit time spent watching television programs, videotapes, and playing video games
7. Use physical activity rather than food as a reward
8. Run, jog, and walk in a family treasure hunt
9. Jump rope - practice rhythms, rhymes and tricks
10. Play "hot potato" with a Frisbee®
11. Play traditional and modified backyard sports: basketball, softball, volleyball
12. Take the family pet for a walk or jog

#### At School

13. Talk to your children about what they are learning and doing in physical education class
14. Talk to the physical education teacher about your child's physical education program and how you can support and encourage the lessons learned there at home
15. Volunteer to help with physical activity events at your child's school

#### In The Great Outdoors

16. Dig and plant in the garden...allow everyone to plant their own vegetables, fruits and flowers
17. Use a compass or GPS device to map out a course - set out on a walk, jog, or bike ride
18. Visit outdoor education centers and take a nature hike
19. Go camping where you can: setup a tent, gather firewood, and fish
20. Visit farms where you can pick your own strawberries, peaches, and apples

#### In Your Community

21. Create your own Olympic events at a family reunion or neighborhood block party
22. Enter and walk in holiday parades, ethnic festivals, and charity fund raisers
23. Take a historical (or architectural) walk or cycling tour
24. Plan a "neighborhood fitness festival" including relay races
25. Enter a "Family Fun Run" or a "Bike-a-Thon"

