



Spring INTO ACTION

Workplace Wellness Challenge

Week 3 – Fitness with the Family



Spring

INTO ACTION

Fitness with the Family

Here are some activities to get your family on the path to a healthier lifestyle:

- Give children toys that encourage physical activity like balls, kites and jump ropes.
- Encourage children to join a sports team or try a new physical activity.
- Facilitate a safe walk to and from school.
- Walk around the block after a meal.
- Find time to spend together: family park day, swim day or bike day.
- Issue a family challenge to see who can be the first to achieve a Presidential Active Lifestyle Award by committing to physical activity five days a week for six weeks.
- Volunteer to help with after-school physical activity programs or sports teams.

Learn how engaging in outside activities can be fun and affordable:

1. Getting active outside can help improve coordination, balance and agility.
2. Regular exercise in nature is proven to improve children's physical and mental health.
3. Traveling by foot is a fun, easy and affordable way to get moving and get outside. Activities like hiking and walking have been shown to improve cardiovascular health and build stronger bones.
4. Biking is a fun, family-friendly activity that can help improve endurance and balance. Use your bike to get places faster while also getting healthier. Explore your community by bike with your family.
5. When the weather is warm, there is no better way to cool off—or get fit—than by splashing around. Swimming burns more calories per hour than almost any other activity. It's also low-impact, making it ideal for people with disabilities or those recovering from an injury.

