

50 Ideas for a Healthy & Active Family

1. Shoot hoops or play HORSE.
2. Play catch with round balls, whiffle balls, playground balls, discs or boomerangs.
3. Try roller blading or quad skating.
4. Explore a new park in your area.
5. Start a neighborhood kickball game.
6. Sign up for a 1K, 5K or longer walk/run.
7. Plan vacations that involve walking, biking, swimming or paddling.
8. Plant a garden.
9. Limit television, computer and tablet time to 2 hours or less per day.
10. Designate one or two days a month as screen-free days.
11. Take a healthy picnic to a park.
12. Take the family bowling, golfing or swimming.
13. Go for family walks or bike rides.
14. Include children in household activities like dog-walking, car-washing, or lawn-mowing.
15. Take the TV out of your child's bedroom.
16. If you do watch TV, stretch, do yoga, or lift weights at the same time or during commercials.
17. Have a contest with your children. Who can do the most push-ups or jumping jacks during a commercial break?
18. Need an energizer on a lazy afternoon? Dance together to a video on YouTube.
19. Celebrate a birthday or anniversary with something active like a hike, a volleyball game or a Frisbee match.
20. Play outside for 60 minutes every day.
21. Pick up the pace when walking. And, take the path with hills or stairs for an added bonus.
22. Take the stairs instead of the elevator or escalator at malls.
23. Play Red Light-Green Light, Freeze Tag or other favorite small group games that children lead.
24. Walk instead of drive, whenever you can.
25. Walk children to school or park a few blocks away to get in some walking.
26. Make a Saturday morning walk a family habit.
27. Do yard work. Get your children to help rake, weed, or plant.
28. Fly a kite.

29. Use a snow shovel instead of a snow blower. Then, make a snow angel after all your arm exercises!
30. Practice “Recess before Lunch”. Go on a walk, do a physical activity break or climb some stairs before sitting down for lunch.
31. Take regular 2 minute activity breaks during homework time to re-energize the brain.
32. Clean up trash at a local park.
33. Spring clean to get rid of items and clothes around your house. Load up your items and drop them off at Goodwill.
34. Draw with sidewalk chalk, and make a hop scotch outline.
35. Host a pedometer challenge. Who walks the most in a day? A week? A month?
36. Make your family social activities active. Go to the park instead of the movies.
37. Pick a favorite story and act it out (or demonstration all of the action words from the story).
38. Make a bowling alley in your living room using empty plastic bottles and a soft ball.
39. Too cold for a walk outside? Go to the mall instead.
40. Play Simon Says.
41. Have a plank challenge. How long can each person in your family hold a plank?
42. Build a fort out of pillows and blankets.
43. Create an obstacle course using objects from the house and yard. This is a great game for the basement on a rainy day!
44. Have a jump rope challenge. Who can do the most in a minute? Try to double-dutch.
45. Start each morning with a 10-minute stretch and wake session before breakfast.
46. Play charades.
47. Explore a local state/national park.
48. Have a dance party with your favorite music.
49. Try to see how many jumping jacks, push-ups or sit-ups your family can do.
50. Play an active game, like “Duck, Duck, Goose”.