



Family Fitness Tips

Family members used to be more physically active and got plenty of exercise naturally. Today, however, we go everywhere by car and sit for hours in front of the TV or computer. This sedentary lifestyle has been tied to obesity and a slew of related-health problems ranging from diabetes to depression.

The U.S. Department of Health and Human Services reports that children who are consistently more active are likely to be healthier adults. And people who don't exercise are at risk of developing high blood pressure, diabetes, and other chronic illnesses.

Here are some ideas on how you can get your family moving in a way that's fun!

Walk to school. Lace up your walking shoes and join the kids for a brisk walk to and from school each day.

Play physical participation video games. If you have a video game system, play active games like tennis, bowling, baseball, skateboarding, and snowboarding

Build strong bones. Include bone-strengthening exercises such as hopscotch, jumping rope, gymnastics, or volleyball

Take a tour of the park. Make going to the park a reward for a job well done, a good test grade, or anything that deserves a positive non-food reward. When you get there, play a fast game of Frisbee, toss a ball, play wiffle ball, or kick a soccer ball.

Get to the playground. Muscle-strengthening exercise doesn't mean just weight lifting. Take the kids to the playground to swing on the bars, climb a tree, or play on the swings.

Plant a garden. Whether you choose fruit and vegetables or just some pretty flowers, get the kids involved in an organic gardening project. They'll get some brisk exercise digging, planting, and weeding. Then the whole family can enjoy the fruits of their labor with fresh produce and cut flowers.