## 101 Tips for Family Fitness Fun

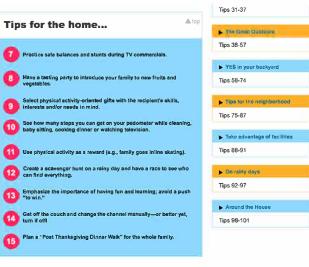


Getting in your 60 minutes of physical activity every day is so much easier when you are doing it with your family and friends. Need some new ideas? Check out SHAPE America's 101 Tips for Family Fitness Fun!



► Tips for anywhere













51 Have the whole family jump rope while practicing spelling. 52 Take a nature hike at an outdoor education center. 53 Go up, up and away with a kito-flying day. 54 Go to a driving range and hit a bucket of balls. 55 Go camping where you can pitch a tent, gather firewood, fish, bike, and walk. Visit farms throughout the year where you can pick your own strawberries, peaches, and apples. Plan cycling trips on safe trails by finding on-line references for biking trails. Atop YES in your backyard... 58) Walk, jog, and run on a family treasure hunt. Toss around as many different-shaped balls/ objects as you can find. 60 Learn to juggle with the entire family. Play "Hit and Go" croquet – hit the ball and run to it – across the whole yard. 62 Count how many hula-hoop rotations everyone can do. Jump rope - practice rhythms, rhymes and tricks.

- 64 Play a "hot potato" game with a Frisbee and the family dog.
  65 Plan an action-packed game of badminton... serve from where the birdle drops.
  66 Jump on a Pogo stick and count bounces.
  67 Build stills and walk on them to create laughterand exercise. Remember safety with non-slip pads.
  68 Ride on a skateboard. Don't forget the helmet and the knes, wrist, and elbow pade.
  69 Play hopscotch or four square and organize a family tournament.
  70 Invite the neighbors to play and share favorite tag games.
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  11 Host a sporta party where you play traditional games like basketball, softball, volleyball, tetherball, etc.
  12 Practice inline skating (with knee, wrist and elbow pads and helmets) going further and gettling faster each day.
- 73 Take the family pet for a walk or jog.

  74 Volunteer to wash several elderly neighbors' cars.

## Tips for the neighborhood, community and beyond...

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Create your own Olympic events or friendly challenges at a family reunion or neighborhood block party.

- 96 Share dances from each generation is your family.
- 97 Throw an ethnic/ multicultural dance party.

## Take advantage of what you've got around the house...

- 98 Use a bench or steps for a step-aerobic workout.
- Use pillows, quilts, and air mattresses to create safe and soft play areas to run, jump and tumble.
- Create a wonderful backyard obstacle course using an old tire, hula hoop, ropes for paths, boards for balance, crates for steps and swings to swing!
- 101 Celebrate your new physically active family!

Organize a family awim outing – be sure to swim with a buddy in supervised areas.

Enjoy a weekend afternoon of physical activities at a local community center.

Plan a "walkie talkie" (walk and talk) with a friend the same time everyday.

Walk or bike to a nearby playground –challenge family members to try their skills awinging and crossing a horizontal ladder (monkey bars).

Take a historical (or architectural) walk or cycling tour.

Plan a "Block Fitness Festival."

Adopt a highway, park, or beach, and keep it clean.

Participate in a "volksmarch." This German "people's walk" is social in nature and is usually 10 kilometers (5.2 miles).

Take part in a mall walk – especially in bad weather.

Enter a "Fun Run" or a walk-a-thon for a good cause.

## Take advantage of facilities in your neighborhood...

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- Check out the facilities at the local Y, health club, and recreation
- Organize a party at an indoor ice or roller skating rink.
- 90 Walk or bike to the tennis court and play.
- Participate in a mixed-age martial arts class.

On rainy days or when stormy weather keeps you indoors Don't be Stuck – Liven Up!...
Music Makes It Easy!

- 92 Create a family video of exercise routines.
- 93 Try a musical version of Simon Says.
- 94 Invite friends and neighbors over for some line dancing.
- 95 See who's most flexible in a game of Twister.