



FAMILIES

Active families are healthy families. When you move together, you're not just building stronger bodies—you're building stronger connections, habits, and memories that last a lifetime.

Did You Know?

Just 60 minutes of moderate to vigorous physical activity (MVPA) each day can help you feel stronger, think better, and have more energy! So, what is MVPA? It means moving your body enough that your heart beats faster and you breathe harder.

- Moderate activity feels like you're working but can still talk — like brisk walking or riding your bike.
- Vigorous activity means you're working really hard — like running, jumping rope, or playing a sport — and it's hard to talk without needing a breath!

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How Active Should We Be?

180 minutes	Young children under 5: 180 minutes of a variety of physical activities spread throughout the day (ex climbing, chasing, games, dancing)
60 minutes	Children and Adolescents (5 – 17 years): 60 Minutes of moderate to vigorous intensity physical activity per day (ex swimming, playing tag, jumping rope)
150 – 300 minutes OR 75 – 150 minutes	Adults: 150 – 300 Minutes of **moderate**-intensity aerobic physical activity (ex: brisk walking, biking, flat ground, dancing) **OR** Adults: 75 – 150 Minutes of **vigorous**-intensity aerobic physical activity throughout the week (ex: jogging, high intensity interval training workouts, swimming laps)

Remember: These are goals to aim for — every bit of movement counts. Whether it's five minutes or fifty, it all adds up to help you stay healthy, happy, and strong! Physical activity is one of the most powerful ways to support your family's health and happiness, both now and for years to come.

Why Being Active Matters for Kids

- **Helps the Brain Work Better:** Improves focus, memory, and learning. Kids who are active tend to do better in school and feel more confident.
- **Keeps the Heart and Body Strong:** Builds muscles, bones, and a healthy heart, and supports kids' growth and development at every stage.
- **Supports Long-Term Health:** Lowers the chance of getting sick with things like cancer, type 2 diabetes, high blood pressure, and obesity.

Why It Matters for Families, Too

- **Strengthens Family Bonds:** Movement creates meaningful time together and lasting memories.
- **Promotes Healthy Habits:** Kids are more likely to be active when their parents are — your actions make a difference.
- **Reduces Stress & Boosts Mood:** Activity helps everyone feel more energized, relaxed, and connected.
- **Improves Communication:** Shared movement can lead to better conversations, teamwork, and fun.

Fun Facts About Family Movement

✓ **Kids Learn by Example:** Children with active parents are 5.8x more likely to be active themselves.
✓ **Room to Grow:** Only 1 in 4 children in the U.S. gets the recommended 60 minutes of daily physical activity.
✓ **It Starts With You:** Movement helps kids focus, feel better, and build lifelong healthy habits—and families play a big role in making that happen!

Let's Be Active Together! You don't need fancy equipment—just a little creativity and commitment!

At Home Fun

- **Dance party:** Turn up the music and have a family dance session! Bust out your silliest moves.
- **Obstacle Course:** Use pillows, chairs, and tape to create a fun challenge.
- **Yoga or Stretching:** Try a family friendly yoga video or make up your own calming moves.
- **Fitness Dice or Cards:** Roll or draw to pick your next movement (ex: jumping jacks).

Outdoor Adventures

- **Scavenger Hunt Walks:** Search for items like birds, leaves, or red flowers while walking.
- **Walk or Bike Rides:** Make it a habit to explore your neighborhood or local trail.
- **Sidewalk Chalk Games:** Try hopscotch, draw obstacle paths, or write fitness challenges.
- **Playground Circuits:** Climb, jump, and swing your way to fun and fitness. Make it a race to take it up a notch!

Community Fun

- **Visit a Local Park or Nature Trail:** Many towns have walking paths, splash pads, or nature centers.
- **Check Out Rec Center Classes:** Try youth sports leagues, dance classes, family yoga, or open gym time.
- **Go to the Library:** Some libraries offer fitness kits, movement-themed story times, or discounted passes to local attractions.
- **Look for Family Events:** Farmers markets, festivals, and community fairs often include games, music, and movement-friendly fun.
- **Stop by a Local Gym or Fitness Center:** Many offer free trial classes, parent-child workouts, or family- friendly fitness programs—check what's available near you!
- **Try Something New:** Explore roller rinks, climbing gyms, or swimming pools in your area.

Remember The Goal:

At least 60 minutes of movement per day for children, and 150 minutes per week for adults.



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Tips to Make It Stick

Make it Routine: Schedule movement just like you would homework or meals — consistency helps it stick!
Lead by Example: Let your kids see you moving and having fun — they'll be more likely to join in.
Try Challenges: Set fun goals like "20 walks this month" or "dance break every night after dinner."
Keep It Fresh: Switch up activities — biking, dancing, hiking, yoga — to keep everyone interested.
Celebrate: Talk about the ways your family already moves together — walking the dog, dancing in the kitchen, playing at the park. Celebrate those wins and build from there!

Reflect & Connect as a Family

Talkingabout movement helpsbuild awareness and motivation. Try these prompts to spark reflection or dinner table conversation:

What's your favorite way to move your body?
How do you feel after being active?
What's one new activity we could try together?
What helps us stay active?
What sometimes gets in the way?
When do you feel happiest or most relaxed during family movement time?
How can we support each other in being more active?

Family Movement Challenge

Choose one way to move together **every day this week – or all month long**. Whether it's 10 minutes of dancing or a quick walk around the block, **it all adds up**. Track your progress and celebrate your success with a high five, a fun reward, or another round of your favorite activity!

Final Reminder:

You are your child's first health teacher
Small daily actions build lifelong habits
Family movement is about connection—not perfection

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31 Days of Family Fitness Fun
Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Day 1 Take a family walk after dinner	**Day 2** Dance party in the living room	**Day 3** Try a new playground or park	**Day 4** Family yoga or stretching session	**Day 5** Play a game of tag or freeze dance	**Day 6** Do a family bike or scooter ride	**Day 7** Create a backyard obstacle course
Day 8 Try a 5-minute fitness challenge (jumping jacks, squats, etc.)	**Day 9** Go on a nature scavenger hunt walk	**Day 10** Play catch or kick a soccer ball	**Day 11** Try a kid-friendly workout video together	**Day 12** Family relay races (use socks, spoons, etc. as props!)	**Day 13** Go for a hike or trail walk	**Day 14** Indoor balloon volleyball or sock basketball
Day 15 Set a step goal and track it together	**Day 16** Backyard or living room picnic followed by movement games	**Day 17** Play follow-the-leader with active moves	**Day 18** Water play day (sprinklers, water balloons, etc.)	**Day 19** Dance to your favorite throwback songs	**Day 20** Take a walk and count how many animals or birds you see	**Day 21** Create a "family fitness circuit" with stations (jumping, running, planks, etc.)
Day 22 Try a new sport together (pickleball, frisbee, basketball)	**Day 23** Go to a free community event or family open gym	**Day 24** Family freeze dance with pauses to do silly poses	**Day 25** Go for a walk and pick up litter (get active and give back!)	**Day 26** Play "Simon Says" with active moves	**Day 27** Take an "adventure walk" and explore a new route	**Day 28** Create your own family mini-Olympics
Day 29 Try a stretching routine before bed	**Day 30** Walk or bike to a local destination instead of driving	**Day 31** Celebrate your month of movement with your favorite active game!				

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