



FAMILY FITNESS

Fitness Tips For The Entire Family

All of us want the best for our families, and what could be better for them than a happier, healthier way of life? To help your family get the most out of life, help them get fit.

Set An Example

We all learn by example. Whether you're a parent, child, aunt, or uncle, you can be the person who motivates your loved ones to become fit. If you spend your evening in front of the TV, you won't inspire other family members to be more active. Set an example by making fitness a priority in your life.

Sneak In Activity

If your family is suspicious of the whole fitness idea, you may have to sneak fitness into their lifestyles. When buying toys for children, select ones that require active participation—tyke bikes, push toys, climbing structures for toddlers; sports equipment, roller skates, jump ropes for older children. Leisure-time events can also be planned around active recreation—a backpacking trip, a day-hike at a local park, or perhaps a bicycle or walking tour of your neighborhood. Your family will have so much fun they probably won't even realize that they're getting fit.

Ageless Activity

It isn't easy to find an activity that appeals to youths, adults, and seniors alike, but it is possible. Walking, for instance, in addition to being an excellent aerobic activity, can be done by practically anyone regardless of age or fitness level. Family walks help keep you fit while providing time for conversation and relaxation with those you love most.

Make Fitness Fun

One reason people fail to exercise regularly is boredom. Children are very prone to boredom, so if you've chosen walking as a regular family activity, turn your family walk into an adventure. Try a treasure hunt. List 5-10 items for each child to look for on their walk—a leaf, a twig, a bottle cap, etc., and provide a paper bag to hold the loot. At the end of the walk, the child with the most items selects a theme for your next adventure walk—a recycling race, perhaps seeing who can collect the most discarded soda cans, and so on.

Make Fitness A Family Legacy

Just like a cherished photo, a valued heirloom, or a family tradition, a love for fitness can be the treasure that you pass from one generation to the next. The gift of physical health and vitality is a priceless one—something that you and your entire family will value for life.

