

"FAMILY FITNESS FUN!"

Here are some great ideas for your family to do to promote fitness and fun at the same time. Give them a try!

1. Listen to your favorite song and exercise until it's over.
2. Stand while talking on the phone.
3. Help your parents with a "chore" today.
4. Jump side to side over a football 50 times.
5. Check your heart rate after a long run, game or exercise.
6. No more procrastinating - "Do it" today!
7. Walk with a friend or pet - 30 minutes. They will love it!
8. Throw and catch a football with friends.
9. Do something for your grandparents - it's their day today.
10. Do 10 pushups while your head is above and then below your feet.
11. Walk, jog or bike one mile.
12. Run football sprints (30 feet and back) 10 times.
13. How many laps can you jog around your house without stopping?
14. Place kick or punt a football with friends.
15. Eat some healthy fruit today.
16. Ride bikes, skateboard or roller skate with friends.
17. Do 5 different stretches while watching a TV show.
18. Go for a walk and make a list of all the colors you see.
19. Spin a football; do any exercise until it stops. Do this 3 times.
20. Make a list of 20 activities you can do to improve your health.
21. Wear your walking shoes to the mall. Take a few extra laps.
22. How many different TREES can you find on you walk?
23. Mow or rake your yard. (No riding mowers please)
24. Stack soda cans (3 on bottom, 2 and 1 on top). Knock over with football.
25. Measure 25 feet. How many standing long jumps does it take to go 25 feet?
26. Have mom or dad go with you on a walk today.
27. Jump rope 100 times
28. Do 29 jumping jacks, runs in place and sit ups.
29. Throw a football at a target (hanging tire, marked circle)
30. Scavenger Hunt: Look for things that start with the letters to spell your name.