



40 Tips for an Active Family

Cut out each tip below. Place in a bag/jar. Have your children draw from the jar each night to help plan the family's activity for the next night!

Go for a family walk or bike ride	Shoot hoops	Play catch	Try roller blading
Try a new park in your area	Sign up for a run/walk promoting health	Plan active vacations	Plant a garden
Check out the library for books on family fitness and activities for kids	Take a picnic	Take the family bowling	Head to the zoo, park, or putt-putt course
Create an obstacle course in your yard or living room	Let your child be your personal trainer	Create some healthy snack ideas	Board Game Night!
Write a script, dress up and act out a play	No screen time night!	Make crafts to give as gifts	Go outside! Hopscotch, sidewalk chalk, hide-n- seek, tag, etc.
Get out the blocks, erector sets and fiddlesticks to build	Play Go-Fish	Crank up the music and dance	Cook dinner together as a family. (Find tasks for even the little ones.)
Read to your children, or let them read to you	Go to the local pool for the day	Go to the driving range or batting cages	Find out about your local farmer's market – even during the winter
Get crazy and fun during household chores	Go on a nature walk and discover new things	Take the family out for frozen yogurt	Arrange a play date with friends or neighbors
Organize a neighborhood game of kickball	Clean out your closets and donate unwanted items	Make puppets from construction paper or old socks	Take a class at a local art supply store or the library
Play soccer or football	Get involved in local community family activities	Make up a card game	Enroll in a recreational sport