



# Stay Active!

## Quick & Simple Ways to Keep Your Family on the Move

1. Go for a walk in a nearby park.
2. Take the stairs instead of an elevator.
3. Bike to school, to run errands, or to visit friends.
4. Clean out the garage as a family.
5. Join a softball league.
6. Take your dog for a walk.
7. Join a sports team.
8. Go to the park with a friend.
9. Get the whole family involved in yard work.
10. Play Frisbee or other fun activities with family and friends in your neighborhood.
11. Walk to the store.
12. See how many jumping jacks you can do.

### Other Active Ideas:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### Challenge Yourself!

Write down 3 activities that your family can do this week to stay active.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_