

Tips on Being Active Together as a Family



It's good to be Blue.

1

Try things you can do each day. This could include raking the yard, jumping rope, taking a walk or playing in the backyard.

2

Plan weekly outdoor activities like hiking, biking, swimming, tennis, Frisbee or volleyball.

3

Get your kids involved in recreational team sports like soccer, dance, gymnastics, baseball or football.

4

After school, have your kids be physically active first before beginning their homework assignments.

5

Try to squeeze in extra activity when you can like taking the stairs, parking farther in the parking lot and other ways you can get more steps in each day.