

Family Fitness

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Play indoor hide & seek	Take a walk, jog, or bike ride around your neighborhood	Draw a four-square or hopscotch court with chalk and play	Practice jumping rope	Do yoga or stretching	Friday Favorite	Play a sport of your choice such as soccer, basketball, volleyball, tennis, or golf
Create an indoor treasure hunt	Go for a hike or nature walk	Create an obstacle course	Play tag	Start at your front door and walk to touch all of the doors in your home. Count your steps.	Have a family dance party	Family Free Choice
Design and play your own Minute to Win It challenges	Play outside for 30-60 minutes	Create a scavenger hunt	Have a hula hoop or limbo contest	Take a walk, jog, or bike ride around your neighborhood	Friday Favorite	Play a sport of your choice such as soccer, basketball, volleyball, tennis, or golf
Make a bowling alley with home-made pins	Play at a local playground	Take a walk, jog, or bike ride around your neighborhood	Go for a hike or nature walk	Do yoga or stretching	Have a family dance party	Family Free Choice

Physical activity and play is a great way to develop creativity and physical and emotional strength. Families are encouraged to play/participate together in the suggested activities for 30-60 minutes per day.