

Active Play, Balance My Day

Family FUN Means Motion

Make physical activity fun with tried and true family games! It's a great way to get the whole family moving.

Outdoor Activities:

- Jump rope
- Four-square
- Kickball
- Capture the Flag
- Frisbee®
- Badminton
- Croquet
- Water games (run through sprinklers, squirt gun and water balloon battles)
- Relay races (instead of just running, skip, march, hop, or slide sideways)
- Tag (freeze, flashlight and other variations)
- Hide and Seek
- Make up your own game, get creative!



Motion Fun Trivia:

Who invented swimming fins?

Answer: Benjamin Franklin

Indoor Activities:

- Charades
- Twister®
- Dance to music (have a contest or learn a new dance step)
- Exercise video/DVD
- Blow up balloons and keep them in the air with hands, feet or heads
- Obstacle course (hop over, crawl under, reach high and bend low through your course)
- See who can do the most jumping jacks, push ups or crunches



Have fun! Be a role model for your kids with active family fun every day.

