

# GO OUT & PLAY: GOOD FOR THEM & YOU!

## Who says adults can't play to?

These types of games incorporate both physical activity and spending time with your family. They get everyone involved, moving, and most of all having fun – and what's better than that!

So go out and play because it's good for THEM and good for YOU!

## Here are some fun and active family games that will get the entire family moving:

**Scavenger Hunt:** Make a list of anything in your house, yard, or neighborhood then get scavenging! Encourage you and your family to walk or ride your bikes to find each object to get more active.

\* Split up into teams to make the game more competitive and see which team finds all the objects first!

**Follow the Leader:** Pick a different family member each day and have them be the "leader". They get to pick the game, exercise, or activity the family gets to do that day and everyone else must follow in their lead! This is a great way to get kids excited to get physically active!

**Duck, Duck, Goose:** A classic back-yard game that gets everyone up, moving, and most of all having fun!

**TAG:** Another classic back-yard game. This is a fantastic way to get everyone running, increasing their cardio, and all in all just exercising together – while also having fun!

**Dance Party:** An often-overlooked form of physical activity. Turn on your family's favorite songs and just get grooving. Feel free to get creative and make up your own family dance moves!



happy  
healthy  
parents  
*make*  
happy  
healthy  
children.  
*Dr. Miriam Stoppard*

Behavior Change System  
*Progress*

**Assess** - Evaluate current eating habits and think about how you would like things to be different.

**Purpose** - Find your why and your reason for wanting to make a healthy change.

**Prioritize** - What do you need to do to healthy eating a priority in your life?

**Mindset** - Determine how you will choose to think about your change efforts.

**Game Plan** - Determine what is required and what strategies would yield the great return/reward. Set a specific, measurable, attainable, realistic, and time-oriented goal to reach for.

**Action** - Put the game plan into motion and implement strategies you came up with to help you achieve your goal.

**Reflect** - Think back on what you accomplished and what you learned from the experience.

**Improve** - Continue to progress and consider using this strategy to improve in another area of your life.

**Lead** - Lead by example and serve others. You are able to demonstrate to others what is possible and have a positive influence on them.