

Family Health Challenge: Move More



10 Ways to Get Your Family Up & Moving:

- Go for a family walk each night after dinner.
- Each day pick a different family member to be the leader. Everyone else must “follow the leader” and participate in whatever exercise or activity the leader picks.
- Make a list of things in your house, yard, or neighborhood and turn that into a scavenger hunt!
- Turn that music up and have a dance party with the whole family as you are cooking dinner.
- Start a family garden! This is a great way to get the entire family outside and is also a great way to increase one’s daily physical activity levels.
- Schedule family playtime for each day and try to get that playtime to be outside.
- Go for family bike rides around your neighborhood.
- Find a place nearby to go hiking with the entire family.
- Play backyard games together: frisbee, catch, and TAG are all great examples.
- Limit recreational screen time for both you and the kids.



You are here and you are committing to progress.

Assess - Evaluate current 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 make this 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.

Why is moving more is good for the entire family?

- Families who share everyday activities together have shown to share stronger emotional bonds with each other, along with better abilities to adapt to situations as a family.
- Movement supports proper growth and development for young kids.
- Encouraging everyday activities at a young age helps to set kids up for an overall optimal and healthy lifestyle!