

Family Exercise Tips

Get outdoors as a family this summer and try these exercise tips that are fun and will help you manage your weight.

- Buy toys or equipment that promote fun, physical activities
- Go camping in an area where you can hike, swim, row a boat and bike
- Make a game out of chores and yard work
- Make exercise fun, and avoid pushing to always win
- Participate in a fun run or a walk for charity as a family
- Play together as a family, and search for activities that everyone can participate in and enjoy
- Walk to school or take walks as a family and explore your neighborhood
- Do housework and yard work as a family, rather than hiring help or letting one person do it all.
- Park at the far side of the parking lot and walk rather than searching for the closest parking space.
- Replace sedentary activities, such as video games, TV and playing computer games, with activities such as walking, biking, swimming, dancing or team sports.
- Go for a walk before breakfast or after dinner, rather than sitting down in front of the TV set.
- Take stairs rather than elevators or escalators.
- Stand and move when talking on the phone.
- Limit time in front of the TV or computer to no more than 2 hours per day.
- Walk around rather than standing or sitting while you wait for someone.
- Play with the children rather than just watching them play.
- Walk the dog; don't just watch the dog walk.