

Family Physical Activity

Physical activity is important for good health at every age. Exercising as a family is a fun way to stay healthy and spend quality time together.



Take a walk or hike outside around the neighborhood or at a park. The whole family can enjoy the scenery while talking to each other.

Play classic kid games like tag or hide and seek to get everyone running around. These games can be fun for all ages!



Enjoy a bike ride to explore nearby trails or streets. It's a fun way to stay active while seeing new places.



Turn up the music and **have a dance party!** Everyone can take turns picking songs and showing off their best moves.



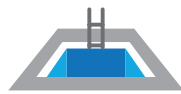
Find a playground and play on the monkey bars, swing, or slide. Whether it's at the park or in your backyard, everyone can join in the fun.



Set up an obstacle course in the backyard or living room with cushions, chairs, and toys. Take turns running through to see who can get the fastest time!



Grab a ball and **play a game of soccer, basketball, or catch.** Choose a game the whole family can enjoy.



Go to a pool or water park when it's hot outside. Swimming is great for all ages because it is low impact, so you are less likely to get injured.



Play with hula hoops, jump ropes, and kites. The whole family can play while also getting a workout.

For more information: www.greauxhealthy.org

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