

MORE TIPS

For Family Fitness Fun

- Walk to school – participate in “Walk to School” initiatives (*visit www.walktoschool.org/*)
- Play hopscotch and organize a family tournament
- Tennis anyone?
- Take a pet for a walk or jog
- Fly a kite
- Rent a paddleboat at a park near you
- Walk a city – see how many city blocks you can walk in a single day
- “Virtually” walk, run or cycle across your state. Here’s how:
 1. Look at a map and determine how many miles need to be traveled to reach your destination
 2. Keep a log of how many miles covered each day (*if using a pedometer, 2,000 steps = 1 mile*)
 3. Track your progress on the map weekly
- Learn yoga (*take a class - or get a book or video and teach yourself*)
- Put on some music and DANCE
- Use a sturdy bench or steps for a step-aerobic workout
- Play whiffle ball – designate field boundaries in a yard
- Play volleyball
- Go in-line skating (*while wearing appropriate protective equipment*)
- Walk or run on a local running track (*one may be located at your local high school*)



Additional tips For Getting Your Family On Track are available at the following Web sites
www.shapeup.org/FitTips and www.sweetnlow.com/FitTips

Sweet'N Low® is a registered trademark of Cumberland Packing Corp., Brooklyn, New York, 11205. All rights reserved. Shape Up America!®

