

20 TIPS

For Getting Your Family On Track

- Park the car AS FAR AWAY from the entrance as possible
- Use a pedometer to count the number of steps taken each day (2,000 steps equals about 1 mile)
- Have a catch (football, baseball, softball or Frisbee)
- Make chores, such as vacuuming, sweeping or raking, your chance to be active
- Go for family walks after meal times
- Limit recreational screen time (television, video games and computer) to less than 2 hours per day
- Shoot some hoops
- Select fitness-oriented gifts with your family member's skills and interests in mind
- Design a Frisbee golf course and play Frisbee golf ("replace" golf holes with targets and count the number of tosses needed to connect)
- Try to ALWAYS use the stairs
- Visit farms throughout the year where you can pick your own strawberries, peaches and apples
- Plan cycling trips on safe trails by calling your local bike shop or bike club
- Go swimming and play water tag, or water volleyball
- Play soccer or just kick a ball around. It's fun
- Go hiking - locate a nearby trail
- Jump rope - practice rhythms, rhymes and tricks
- Adopt a roadway, park, or beach, and keep it clean
- Enter a "bike-a-thon" or "fun run" and train for it (you can walk a "fun run" too)
- Use a hula hoop - see how long you can keep it going!
- SCHEDULE REGULAR TIMES for activity throughout the week



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

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