

ANOTHER **15** TIPS

For Family Fitness Fun

- Play with a “hacky sack” foot bag (*check out <http://www.footbag.org/>*)
- Play a “hot potato” game of Frisbee
- Ride on a skate board (with knee, wrist and elbow pads and helmet)
- Wash a car
- Plant a flower or a vegetable garden
- Jump on a Pogo stick and count bounces (*wear protective equipment*)
- Enter and walk in a holiday parade, ethnic festival or charity fund raiser
- Join the local “Y” or a health club
- Take a martial arts class
- Jump on a trampoline
(*safety is a must – please check out www.cpsc.gov/cpsc/pub/pubs/085.html*)
- During bad weather, go walking at the local mall
- Do push ups and sit ups – see how many you can do consecutively
- Canoe or row a boat for an entire afternoon
- Go to a driving range or enjoy a game of miniature golf
- Take a long walk or run on the beach



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

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