

20 Free Family Fun

Physical Activities

Source: *ONIE Project*

You've made the decision that you want to be more active. Whether you are already active or just starting out, that's great! Often, with a new goal, it can be hard to know where and how to start. Adding activity to your daily life may seem like a big task, but it can be easy. Here are some ways that you can be more active without having to make BIG changes.

1. Take family walks
2. Play tag with your children
3. Walk the family pet
4. Always take the stairs
5. Park farther away and walk when running errands
6. Splitting up yard work and involving the whole family
7. Have a family dance party
8. Take a walk around a museum
9. Plant a garden
10. Master the hula hoop
11. Ride bicycles
12. Chip in with the chores
13. Wash the car at home
14. Make a chalk obstacle course
15. Play hide and seek
16. Walk to the children to school
17. Take a hike or "nature" walk
18. Limit screen time
19. Play catch or throw a frisbee
20. Hold a weekly active family game night