

Family Activities for Fun and Good Health

Being physically active with your family is a great way to stay healthy and make exercise fun.

Whether you play team sports with the entire family or take brisk walks with your spouse, child, or grandchild, you'll be rewarded with improved health and time spent together.

Family gatherings are the perfect time for team sports and outdoor activities.

- Choose teams for softball, basketball, or kickball.
- Sign up for family tournaments to play tennis, bowling, or volleyball.
- Go biking, fishing, or hiking at a nearby park.
- If you live near water, try sailing, canoeing, or rafting.

Family members can make great exercise buddies.

- Take yoga or water aerobics classes.
- Ping pong is fun for a twosome.
- Our pets are family! Brisk walks with a canine buddy are healthy for both of you.

Build a healthy lifestyle that includes your grandchildren.

- Push them on swings (after walking to the playground!).
- Play catch.
- Jump rope together.
- Build a fort indoors or out.



Quick Tip

Family gatherings are often built around meals. Keep family meals healthy during special occasions with fresh vegetables, lean meats, and low-fat or fat-free cheeses and dressings.

VISIT

www.nia.nih.gov/Go4Life

- Read more tips.
- Print useful tools.
- Order a free exercise guide or DVD.
- Share your exercise story.



National Institute on Aging

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