

Summer Fitness, Family Style

Families often face stressful times. Staying close and exercising together can help keep you strong physically and emotionally, especially when the activity involves fun in the sun.

Children and adults alike need daily exercise. To make it happen, plan. First, if you can, set aside at least 30 minutes 2 or 3 times a week for family exercise, perhaps after work or dinner. Discuss it as a family and list a variety of fitness activities and sports. Use your imagination:

- ↪ **Start in the backyard.** Play badminton in pairs or singles. It's a fun way to keep moving for 1 to 2 hours.
- ↪ **Play catch,** soccer or pool volleyball.
- ↪ **Most young children** are delighted to simply walk hand in hand to the park with their grown-ups.
- ↪ **Be adventurous** — plan exploratory hikes. Pack a map and a picnic; carry a bird or plant guide.
- ↪ **For a muscle workout,** explore nearby waterways by canoe or kayak. A calm river or pond is good for beginners.
- ↪ **Walk or bike everywhere you can** — nearby shops, a library, your kids' school or sports events.

An active childhood leads to lifetime habits of exercise and good health.

Just leave the TV, game console and smart devices behind and enjoy the outdoors.

