

A decorative border surrounds the page, featuring a repeating pattern of colorful jumping animals, including kangaroos, wallabies, and possums, in shades of blue, green, and yellow.

10 Ways to Exercise as a Family

1. Go for pre- or post-dinner walks.
2. Crank up the music and boogie down.
3. Make a game out of household chores.
4. Have your child walk instead of riding in the cart at the supermarket, and take the stairs or walk up the escalator whenever possible.
5. Turn TV commercials into fitness breaks. You can play "coach," take turns "ordering" each other to "drop and give me five," or "follow the leader".
6. Have a weekly sports night. One game to play is the fit-deck shuffle. Create a series of playing cards featuring family-friendly exercises, such as bear-crawling or ape-walking. Each family member picks a card and performs the exercise pictured until all the cards have been dealt.
7. Walk or run for charity. Model the value of exercise -- and of giving back to society -- by teaming up with your children for a fund-raising race.
8. Put kids to work in the yard. After a snowfall, let kids help clear the porch or walkway, then see who can make the most snow angels. Older kids can help build a snowman -- and even toss a few snowballs.
9. Team up for gardening. Kids are great at digging up dirt. Research shows that gardening is as good as weight training when it comes to preventing osteoporosis, and if you're planting vegetables, it can make them more appetizing to kids.
10. Walk the dog. New research from North American Association on the Study of Obesity shows that dog-owners had more fun losing weight and were able to keep it off longer than non-pup-owners.

<http://fitfamilytogether.com>