

Healthy Lifestyle Tip Sheet......

Fitness Fun for Families



Physical Activity Cets Everyone Moving!

- Try for 60 minutes of physical activity every day.
- Be active together as a family.
- Be safe. Use safety equipment, like bike helmets, shin guards, wrist guards, and elbow and kneepads.
- Look for free and low-cost physical activity areas near home such as parks, trails for hiking, walking and biking, public swimming pools, and tennis courts.

Places to call for more information:

For additional resources and information, check the local **Yellow Pages** under Baseball Clubs, Camps, Dance, Exercise & Physical Fitness Programs, Recreation Centers, Soccer Clubs, Swimming Pools— Public, YMCA, and Youth Organizations and Centers. Some agencies may offer reduced fees or scholarships if financial assistance is needed.

Parks and Recreation are listed in the light blue front section of the phone book under:

City Government Offices — Recreation & Parks **County Government Offices** — Parks Department **California State Government Offices** — Parks & Recreation Department **United States Government Offices** — Physical activity information 1-888-232-4674

Things you can do:

- Explore State Parks and Lakes.
- Play a family game of basketball, softball, soccer, or volleyball.
- Wash the car together and have fun with the garden hose.
- Swim and play at the local community pool.
- Walk, walk, and walk whenever possible.
- Tape your own family exercise video.
- Plant a vegetable or flower garden and maintain it.
- Jump rope, fly a kite, or play Frisbee.
- Walk or run in charity fundraisers.
- Take the family dog for a walk.
- Coach your child's soccer, basketball, baseball, or volleyball team.
- Go ice or roller skating.
- Dance, dance, dance!





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