

Title:

Make Exercise A Family Priority

Word Count:

877

Summary:

It may seem an insurmountable task to get your family into the healthy habit of regular exercise.

Keywords:

fitness, exercise, obesity, kids, children, weight loss, active, workout, diet

Article Body:

A Mom's daily calendar is almost always overscheduled. Each day usually starts early and ends

It may seem an insurmountable task to get your family into the healthy habit of regular exercise.

So, being an active family needs to become a priority. Fortunately, it's actually easier than

Age: Infant through pre-school

Play a game of keep-away or tag.

Occupy them for even 15 minutes with a video or toy while you do some toning exercises like squats.

Grab your stroller and go for a brisk walk. Or, buy a jogging stroller for more flexibility. Walk

For younger children, you can use a back carrier to transport them while walking. This can burn

Turn on some music and dance together. Toddlers love dancing, especially when their parents join

Play hopscotch ~ yes, you will work up a sweat.

Push your kid on a swing. And, after every push complete one squat.

Use an infant carrier or bike trailer to enjoy a bike ride together.

Age: Grade School

Try rollerblading or skating together.

Spend an afternoon at a park with a playground, but don't spend the whole time relaxing on the

Get a small group together for a kickball or softball game.

If your child can ride a bicycle at a moderate pace, jog alongside of them.

Involve your kids while you strength train. Let them count your reps out loud for you and/or

Try a game of marble pick-up. Set up a circle (or more than one) of marbles. Compete with each

On rainy days that force you inside, walk or run up and down the stairs. You might even make it

Age: Teenagers

Register for a fun run (or walk) event and spend time together training for the event.

Set up an obstacle course in your back yard. Then try such things as quick sprints back and forth

Play tennis or basketball together.

Consider joining a community volleyball or softball team that includes enthusiasts of all ages

Don't just sit and cheer your kids at their sporting events. Every few minutes do some walking

Learn how to do strength training exercises that require partners. There are dozens of options

Implement a daily family walk each day before or after dinner.

Work together in the yard raking leaves, planting flowers, trimming trees.

Sure, you may have a very full plate but isn't it time to throw out the "I'm a parent ~ I don't

Plus, working out sets a great example for your children that will teach them at an early age

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