

# August 2024—Staying Active as a Family

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Join the webinar, 'Parenting Prep for Back to School' at noon. Register: <a href="mailto:TriHealthEAP-CST@TriHealth.com">TriHealthEAP-CST@TriHealth.com</a>	2 Create a nature scavenger hunt. Look for a variety of plants, animals and rocks.	3 Play follow the leader. Include sipping, hopping and grapevines in a single file line.
4 Spend time doing yard work together. Rake, pull weeds or spread mulch.	5 Wash the car together. Getting wet and soapy is an added bonus.	6 Sign up for a local charity walk/run and train together.	7 Join the webinar, 'Parenting Prep for Back to School' at 10AM. Register: <a href="mailto:TriHealthEAP-CST@TriHealth.com">TriHealthEAP-CST@TriHealth.com</a>	8 Go back to your childhood. Play duck-duck-goose or red-light-green-light.	9 Play active video games including dancing or adventure games.	10 Give children toys that encourage physical activity such as balls and skateboards.
11 Limit screen time to 1-2 hours per day.	12 Enroll your children in sports such as soccer, basketball or swimming.	13 Take a walk before or after dinner.	14 Make chores fun. Race to see how fast you can clean the house.	15 Keep tv's out of children's bedrooms.	16 Get up and dance, stretch or do squats during commercial breaks.	17 Plan a family park day and check out your local park or playground.
18 Make sure children get the sleep they need.	19 Take the dog for a walk.	20 Go to the mall and count how many laps you can walk as a family.	21 Don't use food as a reward for meeting activity goals.	22 Take a walk around the neighborhood and pick up trash along the way,	23 Set up an obstacle course in the basement, garage, or spare room.	24 Exercising as a family establishes a firm foundation for lifelong health and wellbeing.
25 Try a family yoga class. There are tons of online resources and videos available.	26 Make it old school with hula hoops and jump ropes.	27 Play a round of miniature golf.	28 Family exercise promotes mental and emotional wellbeing.	29 Take a photo walk and make a photo digital album with your kids shots.	30 Hold fitness competitions. See who can do the most push-ups or squats.	31 Be a good role model. Children learn by example.

