

Fit Family Fun Challenge

Celebrate healthy families with this 30-day wellness challenge.



You define your family. Some families include children, siblings, relatives, partners, even neighbors. Choose activities to do together from the list below or create some of your own! Try something different every day, but you can certainly make some of these a daily or weekly habit.

- Go out for a family walk one night each week this month.
- Do 10 push-ups together.
- Walk or run up and down your stairs five times. No stairs? Run or march in place for two minutes.
- Let another family member clean up after dinner (maybe with some help, depending on age).
- Let the kids plan one healthy meal for dinner. If time and age allow, let them shop for the ingredients and help with the cooking.
- Try a new fruit or vegetable as a family.
- Turn off all screens for one night and play games.
- Eat at home this week. Plan all meals ahead of time.
- Find a new way for the kids to help around the house this week. It might be dusting, washing windows, organizing toys/video games. Spring clean something together.
- Clean out the cars together—vacuum, dust, wash windows and put away the snowbrushes.
- Have the whole family pack a healthy lunch for school/work at least one day each week.
- Take some time to stretch together.
- Turn on some music that you all like and dance around the house.
- Get outside and work in the yard. Rake debris, mow the lawn, plant flowers, prune trees.
- Do 50 jumping jacks, 30 crunches and 20 push-ups together. Break it up throughout the day.
- Commit to making half your grains whole grains this week. Go for brown rice, 100 percent whole wheat bread or wraps, whole wheat or brown rice pastas, rolled oats or quinoa.



Choose a new activity to do together or one you haven't done in a while: play tag, go on a hike, play Simon Says, dodge ball or volleyball, or go for a bike ride.

- Bring a trash bag on your walk and pick up litter.
- Be sure the family is up to date with doctors' appointments—adult family members included.
- Park the car as far away as possible from the entrance to work/school/the mall this month.
- Take out a coloring book, or print out a coloring page online and color together.
- Visit a local farmer's market to explore what's available in your own community.
- Go to your local track and walk/jog four times around the track.
- Have the whole family eat at least five servings of fruits and veggies today.
- If you have the option to walk your kids to school, take the walk.
- Plan a family movie night, and munch on healthy snacks like air-popped popcorn.
- Get to bed at the same time each night this week.
- Put on some soothing music, lie on the floor and breathe slowly and softly.
- Volunteer in your community.
- Plant a vegetable garden.
- Plant a fruit tree.
- Check out the website: choosemyplate.gov for the new 2015-2020 Dietary Guidelines and other nutritional tips and activities.
- Create a healthy trail mix with low-sugar cereal, nuts/seeds and dried fruit. Pack in snack bags.
- Create your own:
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 - _____
 - _____
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Remember to consult your primary care provider before starting a new exercise program.

