

BE PHYSICALLY ACTIVE TOGETHER WITH YOUR FAMILY

It is important for the whole family to be physically active everyday. Kids need at least 60 minutes every day of activity. Here are some fun ways to do it with your family!

Go for a bike ride



Bike rides are a fun way to be physically active

Go for a walk



Talk to your family while you walk and bring your dog, too!

Dance Party



Pick a fun playlist and have a family dance party!!