

GET ACTIVE + **PLAY!**

DITCH YOUR PHONE for

**1 HOUR
A DAY**

Focus on fun and try a few of these physical activities with your family.

- Biking
- Hula-Hooping
- Walking
- Jumping Rope
- Running
- Soccer
- Yoga
- Frisbee
- Hiking
- Pilates
- Scavenger Hunt
- Dancing
- Tennis
- Jogging
- Whiffle Ball
- Kayaking
- Basketball
- Skating

WHO: You and your family

WHAT: 1 hour of physical activity

WHEN: Every day after school or work

WHERE: Outside – or inside if it's too dark out

HOW: Ditch the social media, pick an activity, and **GO! GO! GO!**

Tips for getting started:

- Create a healthy environment for your family by doing physical activity together.
- Leave electronic devices in a designated area and have the whole family do fun activities together.
- Pick a variety of activities to work on strength, endurance, and flexibility (do sit-ups and push-ups on Monday, play basketball on Tuesday, and do yoga poses on Wednesday).
- Track your activity and encourage each other along the way to having a stronger, healthier family.



Healthy NH



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Content adapted from contributions by Gretchen Cullenberg. Learn more at www.gretchhealth.org