

# Physical Activity

## Adventures for Families



SP 1040-J

ACTIVE ADVENTURES

BE FIT TOGETHER

HEALTH BREAK

*When families get active together, it helps to strengthen family relationships, teach healthy habits to children, and increase communication, and teamwork. Here are some family or group physical activity ideas to do together!*



**SCAVENGER HUNT**



**SCARF TOSS**



**NATURE WALK**



**PLAY TAG OR  
HIDE-AND-SEEK**



**PUT ON SOME MUSIC AND  
DANCE!**



**GO FOR A WALK AS A FAMILY  
AROUND THE NEIGHBORHOOD**



**BALLOON OR  
BEACH BALL TOSS**



**YARD OR HOUSEWORK**



**PLAY FOLLOW THE LEADER**

## SOURCES / ADDITIONAL READING



Mayo Clinic - Family Fitness: Tips for Your

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