

# BE AN ACTIVE FAMILY

Physical activity is important for all ages.

Children need at least 60 minutes of physical activity per day, and adults need at least 30 minutes of physical activity per day.



## TRAIN BETTER. LIVE BETTER.

Wellness Wednesday

# FUN IDEAS TO GET MOVING AS A FAMILY

- Play with a hula hoop
- Take a family nature walk after dinner
- Jump rope
- Blow bubbles and chase them
- Play 'Simon Says'
- Ride bikes or scooters
- Take the dogs (or baby dolls) for a walk
- Play music and have a family dance party
- Practice the Wellness Wednesday Move of the Month

This message is brought to you by Live Better and our partner Factor X Fitness.



*Live Better is an Archbold Medical Center-led collaborative of key community leaders and partners focused on improving the overall health of citizens in Thomas County with a specific focus on reducing obesity.*