

# All-Weather Family Activities

Regular physical activity is good for people of all ages, because it can help:



Reduce stress



Improve sleep



Increase academic performance



Lower blood pressure



Prevent illness and disease



Boost mental health

Kids need 60 minutes of physical activity every day! Both youth and adults can spread out their physical activity by engaging in short bouts of movement throughout the day.

To help you get started, here are some simple, inexpensive, all-weather activities that the whole family can enjoy together!

## Warm-Weather Activities



- Take a hike  
(Bonus: Try a scavenger hunt hike!)



- Play tag or Hide-and-Seek outside



- Plant an outdoor garden



- Try roller skating or rollerblading

- Go swimming in a local pool or turn on the sprinklers to splash around



- Help family and neighbors by pulling weeds or mowing the lawn



- Create “active art” by drawing hopscotch or four-square spaces on the sidewalk with chalk and then challenging your friends or family to a game!

- Participate in a local race with friends and family, such as a 5k



- Take a bike ride  
(Bonus: Ask to help with a bike-to-school day at your child’s school)

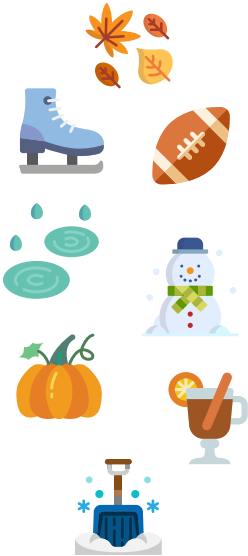
I like walking with my family, especially at our local zoo!  
-Carol, age 65

We enjoy walking and biking around our local parks together.  
-Kiran, age 39



# All-Weather Family Activities

## Cool-Weather Activities



- Rake leaves and jump into the pile!
- Step into rainboots and splash in the puddles
- Help family and neighbors by raking leaves or shoveling snow
- Go sledding
- Challenge your family to a snow-building competition
- Get in the seasonal spirit by going apple-picking, strolling a corn maze, or browsing a pumpkin patch
- Hand-deliver items that are sure to warm your neighbors' hearts, such as homemade holiday cards and healthy apple cider

I love to be physically active with my family by playing catch with my football.  
-Jovon, age 13

I like to go ice-skating together!  
-Arielle, age 14

## Indoor Activities



- Try these quick **physical activity break cards** – no equipment necessary!
- Turn on the music and have a dance party
- Do some spring cleaning by sorting old food, clothes, books, and other items (Bonus: Donate any usable items that you no longer want to charity)
- Help with household tasks like dusting, vacuuming, and mopping
- Play a game of indoor Hide-and-Seek
- Go shopping at a local mall
- Walk or run up the stairs 10 times
- Volunteer at a local organization, such as an animal shelter or a food bank
- Act out a scene from a favorite book or movie or put on a play for family members!
- Encourage your local schools to open their indoor facilities (e.g., basketball court, weight room) to the community when school is not in session

“My favorite activity is showing my family my gymnastics exercises – like frog jumps, wall handstands and planks!”  
-Amelia, age 7