

Fitness Fun for Families



Physical Activity Gets Everyone Moving!

- Try for 60 minutes of physical activity every day.
- Be active together as a family.
- Be safe. Use safety equipment, like bike helmets, shin guards, wrist guards, and elbow and kneepads.
- Look for free and low-cost physical activity areas near home such as parks, trails for hiking, walking and biking, public swimming pools, and tennis courts.

Places to call for more information:

*For additional resources and information, check the local **Yellow Pages** under **Baseball Clubs, Camps, Dance, Exercise & Physical Fitness Programs, Recreation Centers, Soccer Clubs, Swimming Pools—Public, YMCA, and Youth Organizations and Centers.** Some agencies may offer reduced fees or scholarships if financial assistance is needed.*

Parks and Recreation are listed in the light blue front section of the phone book under:

City Government Offices — Recreation & Parks
County Government Offices — Parks Department
California State Government Offices — Parks & Recreation Department
United States Government Offices — Physical activity information 1-888-232-4674

Things you can do:

- Explore State Parks and Lakes.
- Play a family game of basketball, softball, soccer, or volleyball.
- Wash the car together and have fun with the garden hose.
- Swim and play at the local community pool.
- Walk, walk, and walk whenever possible.
- Tape your own family exercise video.
- Plant a vegetable or flower garden and maintain it.
- Jump rope, fly a kite, or play Frisbee.
- Walk or run in charity fundraisers.
- Take the family dog for a walk.
- Coach your child's soccer, basketball, baseball, or volleyball team.
- Go ice or roller skating.
- Dance, dance, dance!

