

MAKE YOUR FAMILY WALKS ROCK

Want to motivate your kids to move more? Reframe it as a game — not a chore! See how many activities you can squeeze into your next stroll.



LEAP OVER A ROCK OR LOG.
Then, play a game of leapfrog!

LISTEN FOR A BIRDSONG.
Then, look for the bird!

LOCATE A CAT.
Then, get on all fours and arch your back!

PAUSE TO SMELL A FLOWER.
Then, do 10 pushups!

PICK UP A WALKING STICK.
Then, climb up a hill with it!

POINT TO A TREE.
Then, pose like one — on one leg with your arms out!

TAKE A PIC OF A COOL CLOUD.
Then, say what it's shaped like!

TOSS A BALL.
Then, go ballistic and dance for one minute!

TRACK DOWN A PAW PRINT.
Then, guess which animal made it!

SEE A SQUIRREL.
Then, scurry around for 30 seconds!

SKIP A STONE ACROSS A LAKE OR POND.
Then, skip for 30 seconds!

SPOT A STOP SIGN.
Then play a quick game of Red Light, Green Light.