

# EXERCISE HACKS TO USE WITH YOUR KIDS

- Family Hide and Seek
- A Game of Basketball
- Take a Bike Ride
- Volleyball over the fence
- Driveway Tennis
- Explore the city on foot
- Dog walking
- Bowling
- Grow a garden
- Scavenger Hunt
- Have a race
- Dance in the rain
- Yoga in the yard
- Go for a swim
- Nerf war
- Water balloon fight
- Family talent show

\*GET UP AND MOVE AT  
LEAST 30 MINUTES A DAY!

