



Time-Saving Physical Activities for Busy Families

If you want to be physically active with your family but feel like you are short on time, you've come to the right place. Fitting in short bouts of movement throughout the day can go hand-in-hand with regular routines. Try the following time-saving strategies for getting the whole family active while accomplishing routine tasks.



Get More From Your Chores



- Every time you need to pick something off the floor (e.g., toys), do a full body squat
- While doing laundry, consider taking multiple trips to/from the dryer



- When walking the dog, bring the whole family along and make it a daily routine



- While brushing your teeth, do a wall-sit (squat with back against the wall)



- Vacuuming, mopping, and doing yard work are already active, but you can get even more from these tasks by listening to music and having fun while you work!

Energize Your Errands



- When checking the mail, take an extra lap around your neighborhood



- While waiting for service or for an appointment, stand instead of sit
- Park further from the entrance of your destination so you can get some extra steps in



- Take the stairs instead of the elevator or escalator

- Consider getting off the bus one or two stops early and walking the rest of the way to your destination



Up Your Game and Leisure Time



- While watching TV, pick a word or phrase and every time a character says the word, do 5 jumping jacks, pushups, or sit-ups

- During each TV commercial break, dance to one song (Bonus: Rotate which family member gets to pick the song)



- Play a game of active Charades by acting out phrases or book and movie titles

- Use a deck of cards to create a quick family workout. Do the number of repetitions displayed on the card:



♥ Hearts: twists

♣ Clubs: calf-raises

♠ Spades: basketball jump shots

♠ Joker: wild card!
Choose the number and activity

♦ Diamonds: baseball swings