

Family Fun Time



With everyone's busy schedules, spending time with your family is getting harder and harder. Walk Across Texas is a perfect way to not only spend time with your family, but to also improve your overall health! With the bonus mile form, you can even add extra miles to your child's classroom total and help them reach their goal. Active time together can build and create fun memories. Some fun ideas to stay active with your family include:

- ✚ Prepare and have a picnic in your backyard.
- ✚ Plant a flower and/or vegetable garden.
- ✚ Have a scavenger hunt inside or outside.
- ✚ Prepare a meal to give to the neighbors.
- ✚ Walk to a local park or walking path.
- ✚ Start and complete a family project.
- ✚ Prepare dinner together, and wash the dishes afterwards.
- ✚ Have a family picnic in the park!



Moving your body
is what
Counts

Stay Fit with Everyday Activities

- Help your heart stay happy — **walk, dance, play tag.**
- Make your muscles strong — **tumble, jump, throw a ball.**
- Stretch to keep your joints flexible — **toe touches, floor play, roll a ball.**

Did You Know?

- Your children should have **less than 2 hours** of screen time each day.
- Your children imitate you—**they want to be like you.**
- You can **make a difference** in your child's health by setting good family goals for activity.



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