TURN FITNESS INTO FAMILY FUN.

If you feel that your family could use a little more fitness in their lives, you aren’t alone. It’s recommended that adolescents aged 6 to 19 get at least 60 minutes of physical activity 5 days per week, but only 21.6% of kids actually meet that goal. Furthermore only 1 in 5 adults meet their physical activity guidelines of 150 minutes per week.

Parents can set the best examples for their children. If your kids see you exercise, they will follow your lead. Luckily summer/fall is the perfect time to get outside and be active with your family. Commit to 1 hour of fitness fun a few times per week. Exercise won’t feel like a chore when you are also enjoying moments with your loved ones.

Why your family should get moving

There are so many great reasons to start exercising with your partner or children:

• It’s a great way to keep weight off. Since 70% of adults are overweight or obese, it is more important than ever to add physical fitness to your life.
• It lowers your risk for many diseases, including heart disease, stroke, type 2 diabetes, depression, and some cancers.
• It may help your kids be better students. Kids who exercise regularly tend to get better grades, behave better in school and have less absences.
• Exercise helps elevate your mood and nothing is better than a happy family.
• It’s fun!

Ways to exercise with your family

• Tour your neighborhood with a family walk or bike ride.
• Turn chores or yardwork into a dance party by making a collaborative family playlist.
• Plan a weekend trip to a zoo, aquarium or children’s museum—anywhere that you’ll spend most of the day on your feet and walking.
• Act like a kid. Play tag or climb on the jungle gym with your kids.
• Plan a game for summer family gatherings. Volleyball, badminton, wiffleball, touch football or kickball are all fun to play with a big group.
• Send your kids on a scavenger hunt.
• Spend some time in the water, whether it’s your own pool, a community center or a day at the beach.
Stay motivated with *Take Charge! Live Well!*

Throughout the year, you can enroll in walking and other fitness challenges. Earn incentives by enrolling in the monthly challenges and complete 15 out of 30 days. Points will be added to your Well-Being Connect account.

If you need even more ideas for how your family can live a healthier life, chat with one of our well-being coaches. They are available at no additional cost to State of Ohio members and spouses that are on the medical plan. They can help you come up with a fitness and diet plan that works for you and your lifestyle.

To get started, visit the [Take Charge! Live Well!](http://www.takechargelivewell.com) website and click on [Well-Being Connect](http://www.takechargelivewell.com) and take the Well-Being 5 survey, a scientifically-based online assessment that analyzes your health habits. By taking the Well-Being 5 survey, scheduling a biometric screening, talking with a well-being coach/completing monthly challenges/completing Dave Ramsey Financial Well-Being lessons, members and their spouses can earn incentive credits that may be redeemed for gift cards.

NOTE: Actions must be completed and received by Sharecare by June 30, 2019 to be awarded incentive credits.

**Get healthy today**

For more suggestions on how to live a healthier life, find a well-being coach who can guide you to healthier habits and to take the Well-Being 5 survey, visit [Take Charge! Live Well!](http://www.takechargelivewell.com) or call 1-866-556-2288.

*Always consult your physician or other health care professional before starting this or any other fitness, nutrition and/or weight management program to determine if it is right for your needs.*

**Sources:**

- [cdc.gov](http://www.cdc.gov)
- [niddk.nih.gov](http://www.niddk.nih.gov)