



**Family Health & Fitness Day:
Fun Activities for the
Whole Family**

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Each year, the National Recreation and Park Association celebrates Family Health and Fitness Day to promote the importance of parks and recreation in keeping communities healthy and active. Being active promotes health and wellbeing, while allowing you to discover new things you may enjoy. You can participate in several ways – at home, virtually, and in your local parks and community!

Get Active, Eat Healthy, Be Mindful

Check out the list of activities and choose one or two from each section to create your perfect Family Health and Fitness Day!

Connect on Social Media

Share a picture or video on social media using the hashtags #NRPAFamilyFitDay, #CommitToInclusion, and #NCHPAD.





Get Active!

Perform 3 of your favorite exercise moves for 15 minutes twice today

Follow along and complete this [8-minute workout](#)

Complete 30 shoulder shrugs by moving your shoulders to your ears and releasing them

Perform a moving plank exercise for one minute 5 times today

Race a parent or guardian to an imaginary destination of choice by performing five minutes of cross-country skiing arms

Grab two food cans from your pantry and place one in each hand. Complete 3-4 sets of [10 bicep curls](#)

Replace 30 minutes of TV watching with a game of [beach volleyball](#) or non-latex balloon volleyball. Directions: hit back and forth over a net, string, or piece of furniture such as a couch

Perform one of the plank exercises listed below during the TV commercial breaks.

- Option 1: [Wall Plank](#)
- Option 2: [Moving Plank](#)

Grab a ball and hold it at the height of your chest; extend your arms out as far as you can and in as many times as possible; this can be completed sitting or standing

Complete 15 reps of arm dips 3-4 times on a counter, solid chair, or side of the bed; for increased difficulty, complete exercise with legs straight out instead of bent

Complete an [inclusive yoga video](#) for kids

Learn and Dance to [Cannot Stop the Feeling!](#)

Do a set of 20 burpees or [wheelchair burpees](#)

Choreograph your own dance to your favorite music and songs for 30 minutes.

Learn this fun dance to ["I like to move it!"](#)

Complete an [8-minute resistance band workout](#)

Choose a [home workout video](#) to complete

Choose your favorite exercise from the list below to complete it 10 times!

Arm dips

Leg extensions

Side stretches

Overhead press

Planks

Arm extensions

Shoulder shrugs

Indoor Volleyball

Jumping jacks or arm jacks





Eat Healthy!

Avoid drinking any sugar sweetened beverages, such as soda or juice

Make a healthy smoothie for breakfast

Incorporate one glass of low-fat milk during mealtimes. (Milk allergy? Substitute with one glass of almond, cashew, coconut, soy, or a plant-based milk!)

Design your plate to look like the [MyPlate Diagram](#)

Eat 4-6 servings of non-starchy vegetables

Replace a bag of regular chips with baked chips

Consume foods with omega-3 fatty acids, such as types of fish or nuts

Drink 8 glasses of water

Taste a new vegetable you have never eaten

Choose to eat only whole grain products, such as whole wheat bread or brown rice, all day

Cook a meal with your family and avoid adding salt to the recipe when at the table

Eat 2-3 servings of fresh fruit

Eat a vegetable with every meal or snack today

Avoid breaded or fried foods (ex: chicken fingers, fish sticks, French fries, tater tots, onion rings, mozzarella sticks) for one day

Create a healthy meal that includes all five food groups (protein, grain, dairy, fruit, vegetable)

Have a meatless dinner by substituting meat (ex: chicken, pork, beef, fish) with beans, peas, tofu, and/or cheese. Not sure where to start? Try black beans, kidney beans, green peas, lima beans, or chickpeas!

Consume fatty fish at lunch or dinner (salmon, tuna, sardines, herring, trout, catfish, and shrimp)

Create a healthy meal that includes all five food groups

At dinner, fill half your plate with fruits and vegetables just like the [MyPlate diagram](#)

Prepare a healthy recipe with your family:

[Meatless Skillet Taco Pasta](#)

[English Muffin Tuna Melts](#)

[Black Bean Chili](#)

[Open-Faced Avocado Spread Sandwiches](#)

[Veggie Quesadilla](#)

[Whole Grain Strawberry Pancakes](#)

Check out some nutrition resources and videos with your family:

[ChooseMyPlate Recipes](#)

[NCHPAD NutriLab](#)

[Make Food, Eat!](#)





Be Mindful!

Slow down and complete a [meditation video](#)

Take 10 minutes to journal about your day

Make a list of five things that you are grateful for

Go for a nature walk with your family

Spend time reflecting on the things you learned this year. Write them down and use that list to share an encouraging message with a friend

Take some time to color today. Choose from these coloring books: [Wellness Challenge Coloring Book](#), [Where is Mi Amigo Pedro?](#) (page 35), or draw something on your own and put it in a card to send to a friend or family member

Have a virtual movie night with friends. Pick a movie or show that everyone has access to and watch it virtually together

Host a virtual party by playing some of these [virtual games and activities](#)

[Pack up for a picnic](#) to have in-person or virtually with your family

Schedule a virtual get-together with friends to hang out

Send a card to a family member or friend. Ask the recipient to write one note/card as well and to send it to someone

Check-in with a friend – either in-person, by phone, or through a virtual video party

Follow along with a [3-minute mediation video](#)



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