



7 fun ideas for summertime family fitness

It's really important for the entire family to **stay active** for both physical and mental health. The **summer holidays** provide a perfect opportunity for **family exercise**, as you may have more time and (fingers crossed) good weather.

Scheduling in "Active Family Time" for the whole family means you'll be entertaining the kids and contributing to everyone's daily movement goals at the same time. A win win.

Here are seven family-friendly workouts to get the whole family active this summer.





7 fun ideas for summertime family fitness



1. Go nature spotting in a national park



2. Plan an outdoor scavenger hunt



3. Ask the kids to design a fun workout



4. Create your own obstacle course in the garden or at the park



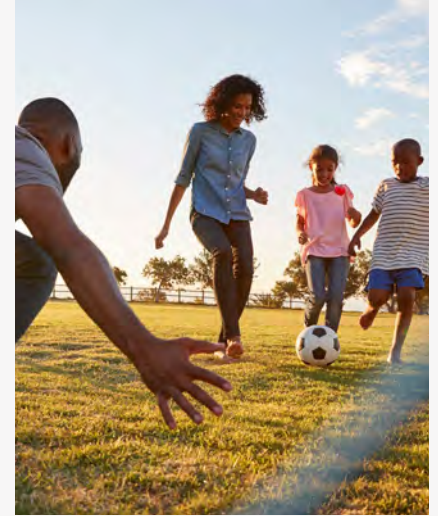
5. Do a family yoga session



6. Set up a family gardening club



7. Have a pool day at your local lido



How much exercise should we be doing?

Exercise is incredibly important for good health - in fact, exercising just once or twice a week can reduce the risk of heart disease or stroke for adults.

As part of the NHS's physical activity guidelines, adults are advised to do at least 150 minutes of moderate intensity activity a week, or 75 minutes of vigorous intensity activity a week. Children are encouraged to aim for an average of at least 60 minutes of moderate or vigorous intensity physical activity a day, across the week.

A variety and differing intensity in physical activity is advised - for adults strengthening activities will help to work all the major muscle groups and for children this is to help develop movement skills.

We should all aim to reduce the time spent sitting or lying down and break up long periods of not moving with some activity.