

Family Commercial Challenge

Children should strive for at least 60 minutes of daily physical activity. These minutes can quickly add-up throughout the day. Here is one way to make physical activity fun for the whole family.

Watch your favorite television show together. Every time you see a commercial, get up and do a physical activity. Take turns choosing what activity the family will do together so everyone has a chance to lead!

Possible family Activities:

- Jumping Jacks
- Jog in Place
- Curl-ups
- Push-ups (on the floor or the wall!)
- Squats
- Dancing
- Arm Circles
- Imaginary Jump Rope
- Toe Raises

