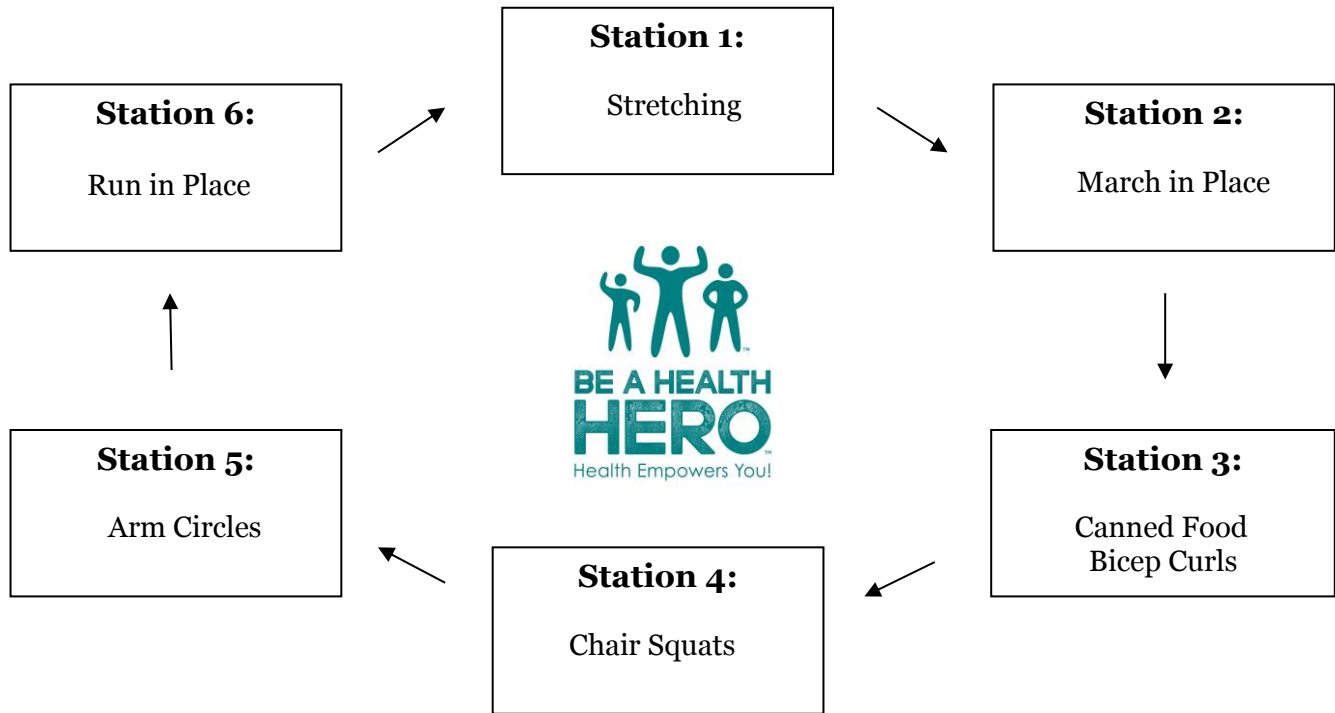


Family Fitness Stations

Directions: As a family, choose six of your favorite physical activities. Write the name of each activity on a piece of paper and place around a room. Each family member will start at a different station and complete the activity for one minute. Rotate to the next station and complete the new activity. Continue until you have completed all six stations. Play your family’s favorite music to add to the fun!



Activities To Do During T.V. Ads

Write each family member’s name in the chart below. Each time a commercial comes on, get up and march, dance or run in place. Record the numbers of times each person moves during the commercial breaks for each day.

NAME	Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Total