



## Family Commercial Challenge

Students 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:

- Jump in Place
- Jog in Place
- March in Place
- Touch your toes
- Knee Bends
- Dancing
- Arm Circles
- Tip-toe Raises
- Hop and Gallop



This institution is an equal opportunity provider. This material was funded by USDA's SNAP and other HealthMPowers partners.