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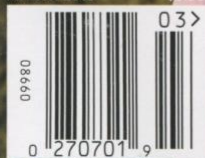
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THE  
GET-MOVING  
GUIDE TO

# FAMILY FUN

Backyard games, family hikes, evenings  
spent outside instead of online—all *doable*.  
Here are simple ways to play more  
and be healthier together.

BY JOANNE CHEN • ILLUSTRATIONS BY DAN PAGE



## HERE'S A CRAZY THING ABOUT KIDS:

They're paying attention to everything you say and do—even the little things, even when it seems like they aren't. "When you grumble about having to park far away from the store, it sets a tone that working out is a chore," says Kailey Snyder, an exercise science doctoral candidate at the University of Nebraska at Omaha. Suddenly your pleas for them to put down the Nintendo Switch seem empty.

It's simpler than you think to shift your attitude and theirs—and much easier than prying that newfangled joystick from your son's death grip. Research suggests you'll stick with exercising longer when you do it with a group. And when you're having fun, your kids will too, says Heidi Powell, cohost of *Extreme Weight Loss* and cocreator of the app Transform, who has four kids of her own. Start here.

## SNEAKY FUN WORKOUTS

Anything your family does together can be ramped up to get your hearts pumping. To change up your routines:

INSTEAD OF...	WHY NOT...
Thumbing through Instagram while your kid plays on the monkey bars	<b>Take a quick detour through the park</b> before you get to the playground. You can all work in some intervals along the way, says Ingrid Skjong, a trainer in New York City: Sprint or speed-walk to the nearest bench or streetlight, then slow down again before racing to another landmark.
Lounging under an umbrella at the beach	<b>Play Frisbee.</b> Split up into two teams, with one starting a few yards ahead of the other. Take turns throwing the Frisbee to the opposite team, then sprinting past them. "Even the little kids can take a turn," says Amy Smith, recreation and events manager at The Beach Club at Charleston Harbor Resort in South Carolina.
Doing yard work (ugh)	<b>Make it a friendly competition.</b> Assign everyone a portion of the yard and see who can rake it first, or see who can haul the most potting soil or pluck out the most weeds—with roots!—in 30 seconds.

## HOW TO FIT MAKE HAPPEN

If your family's days are already packed and your kids are giving you side-eye about together time, try these strategies to keep 'em motivated.

### □ Schedule it

Choose one day each week to get moving and make a standing appointment in your family calendar, Snyder says. "This way, kids see it coming. They can help decide what you'll do together, but it's nonnegotiable, and it's happening."

### □ Do what you like to do

"You might think your family isn't the active type, but that just means you haven't found the right thing," Snyder says. If your kids would rather read books than play ball, try walking through a zoo, botanical garden, or museum. It doesn't need to feel like a workout to be exercise, she says—even an energizing game of Simon Says counts.

### □ Let your work pay off

You want staying active to be second nature to your kids, so cheer them on, but go easy on material rewards, Snyder says. Once in a while, Powell suggests, set a fitness goal—like going for a walk once a week for two months—and reward yourselves with a Slip 'N Slide this summer or passes for indoor rock climbing. (This stays between us, but that's *more exercise*.)





## THE SOCCER MOM SHAPE- UP



As soon as your kid is old enough to kick a ball around, you spend an *insane* amount of time chauffeuring her to and from practice and even more waiting for it to end. Marie Lemkul, a mom of two in San Diego, walks along the field, then breaks out a yoga mat and a resistance band from her car. "I started with jumping jacks, lunges, and pushups. With the band, I can do hip hinges and bird dogs," she says. Other moms have joined her. "Set up in the same spot each time," she says. "They'll gravitate to you."

# GAMES

## TO KEEP YOU OFF THE COUCH

When the chorus of "I'm boooooored" reaches fever pitch, you could pray to the Netflix gods—or you could work up a sweat with these games that will be just as fun for kids as they will be sanity-saving for you.

### ► FLIP OR FLOP

#### What you'll need:

An even assortment of 10 to 20 objects (such as cones, plates, trash can lids); a timer.

**How to play:** Place objects all over your yard, half facing up and half facing down. Split the family into two teams and set the timer for 30 seconds. Assign one team to quickly flip objects right side up while the other team flips them down, explains Brett Klika, cofounder of SpiderFit Kids, an online resource for making fitness fun. When time's up, count the number of "up" and "down" objects—whoever has the most wins.

### ► IN THE CARDS

#### What you'll need:

A deck of cards; fitness gear, such as a Hula-Hoop or a jump rope (optional).

**How to play:** Assign each suit an exercise—for some good ones, see the "Try Some Cool Moves" section on the next page.

Take turns picking a card and doing the move as many times as designated by the card (kings, queens, and jacks are 10). There are no winners or losers for this game, Powell says—just try to get through the deck.

### ► THE AMAZING (FAMILY) RACE

#### What you'll need:

Pen and paper; a timer; a quiet playground with a variety of "stations" (monkey bars, rings, a slide, a bench) or DIY obstacles such as Hula-Hoops, cones, and jump ropes.

**How to play:** Set up several stations in your yard or at the playground ("Jump rope 10 times," "Run up the slide"). Take turns going through them as fast as you can with the timer running; write down each person's time. Have everyone run the course two to three separate times, Klika says—whoever improves the most by the end wins.