



Exercise Tips

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Ways To Get Moving At Home

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Sometimes it's hard to get moving at home. Physical activity is essential for our wellbeing and health. Exercise can reduce our anxiety and depression, strengthen muscles and bones, and provide [many other benefits](#). It is important to get some type of physical activity, so find an exercise you can enjoy and get moving! Here are ten activities for you and your family to try out:

- 1) Host a dance party. Turn on some music, and go wild!
- 2) Have a water balloon fight. Fill up some water balloons to have a splash in the yard!
- 3) Run through sprinklers. It's a refreshing and easy way to have some fun!
- 4) Do some bodyweight exercises. You can try doing some squats, lunges, pushups, crunches, or planks to strengthen your muscles.
- 5) Arm wrestle. Host an arm wrestling tournament, and see who has the strongest arm!
- 6) Try yoga. It's a relaxing and challenging activity to connect the mind and body.
- 7) Hold a limbo contest. Attach a string across a doorway or hallway, and see how low you can go!
- 8) Jump rope or hula-hoop. See how long you can jump rope or hula-hoop!
- 9) Have a scavenger hunt. Make a list of some objects and hide them, and have someone else find them for you.
- 10) Organize some stations. In each station, have different activities, such as a mini obstacle-course. You can even have a theme! For instance, with an animal theme, you can have a station with relay races where you have to hop like a rabbit or

crawl like a bear, and you can have a station to see who can balance on one leg the longest like a flamingo.

No matter what physical activity you decide to do, always remember to have fun!

