



## Being physically active can help you:

- Increase your chances of living longer
- Feel better about yourself
- Decrease your chances of becoming depressed
- Sleep well at night
- Move around more easily
- Have stronger muscles and bones
- Stay at or get to a healthy weight
- Be with friends or meet new people
- Enjoy yourself and have fun



Physical activity and nutrition work together for better health. Being active increases the amount of calories burned. As people age their metabolism slows, so maintaining energy balance requires moving more and eating less.

## Fun exercise activities to do as a family:

- ✓ **Allen's Pond in Bowie:** Allen's Pond not only has Paddle boats to work out your legs, but they have preschool and school age playgrounds, a workout area for adults (this can also be used by anyone in a wheelchair), walking paths, and a fitness trail.
- ✓ **Hiking:** Check out the area's parks at [www.everytrail.com/best/hiking-maryland](http://www.everytrail.com/best/hiking-maryland). This website has all the local trails rated by difficulty. Don't forget the family pet, most trails, you can bring your furry friend along as well.
- ✓ **Biking:** Check out Maryland's biking trails at [www.bikemaryland.org/resources/riding/trails/](http://www.bikemaryland.org/resources/riding/trails/). You can even join Meet-Up Groups to find other families who want to bike and go for group bike rides. Make a day out of it by bringing a backpack filled with snacks, stop along the way and have a lunch.
- ✓ **Swimming:** Honey, don't forget the pool pass!!! Swimming is one of the best ways to exercise, especially if you have any joint problems and of course the kids love it!!!
- ✓ **Walking:** Go for pre- or post-dinner walks around the neighborhood. Not only do you get to exercise, but you meet your neighbors.
- ✓ **Game Night:** Pick a night during the week and make it "Game Night". See if you can get others involved and have a healthy competition of kickball, dodgeball, football, basketball, etc. Maybe a kids vs. parents game 😊
- ✓ **5K:** Enter a kid friendly 5K. It's always fun crossing that finish line and knowing you accomplished 3.1 miles of exercise, either it being running, jogging, or walking. Most of the time, the race gives you a bib with a number, snacks at the end, and sometimes they have DJs and other activities at the finish line. It's an overall good time, kids love the excitement for the day and the entire family can do it TOGETHER. Many races allow the kids to participate for FREE!!!! Not bad!!!
- ✓ **Family Obstacle Course:** Consider making an obstacle course for you and the family, something that's challenging for the adults and the children.
- ✓ **Rainy Days:** Do activities that are indoor, like, going to Sky Zone, rock climbing wall, or indoor playground. Check out some of MD's indoor fun for families <http://www.beltwaybambinos.com/indoor-fun-in-washington-dc-maryland-virginia/>.

