



The key is simply *be active*.
Getting the whole family involved makes it more fun!

Healthy Happy Families

Physical activity has been described as the fountain of youth! Being active can lower blood sugar, bad cholesterol (LDL) and blood pressure, increase good cholesterol (HDL) and bone density and improve your mood.

Outdoor Activity Tips

- Explore outdoor activities like ice skating.
- Take the family to a park, playground or forest preserve, bring a picnic and make a day of it.
- Take a walk around the block before or after dinner.
- Shoveling snow and yard work count as an activity.

Adapted from cdc.gov

Indoor Activity Tips

- Replace a coffee break with a short walk.
- Make a rule to not sit during TV commercial breaks.
- Use TV commercial breaks instead for chores or exercise by walking in place or calisthenics.
- Make or buy inexpensive fitness equipment.
- Explore the internet for exercise videos or your local library for workout DVDs.

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Find more health and well-being information at wespalth.org/center-for-health/resources/articles

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