**National Health and Fitness Day**

**Activity Ideas for Families**

National Health and Fitness Day is an initiative to make Canada the Fittest Nation on Earth! The first Saturday in June provides an opportunity for all citizens to Get Up, Get Out and Get Active! The objective is to inspire Canadians to become fitter and more active which will result in reduced health care costs attributed to preventable diseases related to inactivity.

On National Health and Fitness Day get your kids, get your parents and get outside and get active! A family that plays together stays together! Here are some activity ideas for you and your family:

**Family Fitness Ideas!**

1. Let your kids plan the activities for the day! If you’ve never played Grounders or Manhunt, you’re missing out! There are dozens of activity ideas available at <www.participaction.com>
2. Head to the park or playground and set up a fun obstacle course.
3. Make a splash at your community pool or local recreation centre.
4. Get together with neighbours for a game of all-ages ball hockey, races (egg-on-spoon; three-legged; and sack races); a scavenger hunt; a pool party; or a game of soccer.
5. [Fitness Bingo](http://www.phecanada.ca/sites/default/files/fun_fitness_activities_for_kids.pdf)! Try it!
6. Go for a walk – walk around the neighbourhood and discover a new park or ravine.
7. Tour the community… on bikes.
8. Take your dog for a long walk. Or, if you don’t have a dog – take your neighbour’s dog for a walk!
9. Introduce the kids to something new. Bocce ball? Cricket?
10. Spread the word! Help us engage all Canadians in National Health and Fitness Day. Spread the word on Facebook and Twitter. #NHFDcan #FittestNation