

Funky Fitness

This activity sheet turns keeping fit into a fun, family activity. By the end of this you will be able understand the importance of keeping fit and how easy and fun it can be!

Why should families do things together?

Families teach us the most important things in life. Families doing activities together helps both the children and the adults. Children get more from school – from the confidence to answer questions in class to better grades. Adults can also benefit – from surfing the internet to having fun playing outside.

Why exercise?

Regular exercise can help burn fat, lower blood pressure, boost the immune systems and make you feel happier. It has also been shown to lower the risk of serious illnesses such as heart disease. Ideally, you should aim to be active for at least 30 minutes 3 times a week. If you take up exercise and sports when you are a kid, you are more likely to continue with it as you get older. There are fun ways to keep fit. - why not try the activity below for some ideas.

Activity

Think about the type of people you and your family are. Look at any matches from the ones below and find a great activity for you. If you want to try something completely different, you could just add in some extra activities to do with your family.

I like being with other people – there are lots of team sports out there that you can take part in. Perhaps you could even set up a family team!

Rounders
Cheerleading
Synchronised swimming

I like to take risks – are you a bit of a daredevil? There are lots of sports to try out if you have the nerve.

Skateboarding
Paragliding
Climbing

I can take ages in the bath – all those hours spent in the water could help you get fit!

Aqua aerobics
Windsurfing
Diving

I'm really laid back – why not try a calmer altogether less sweatier sport!

Yoga
Walking
Golf

I love going out – if you're not one for staying in, then there are some great activities you could do outdoors or while you're out for the night.

Football
Playing in the park
Dancing

Make a note of any activities that you all like. Why not try out one of them for an afternoon, and if you like it you could make it a regular activity. Or you could even try a new activity a week.

I'm really busy – you can make exercise part of your everyday life
Housework – put the radio on and dance round the Hoover!

Playing Wii
Gardening

I am very stubborn – why not go for an exercise that needs you to keep on going

Jogging
Rock climbing
Hiking

How do we keep it up?

- Doing activities together can keep you motivated for longer. So try and choose a couple of activities that you do together as a family and encourage each other to stick to it.
- Keep a family timetable of exercise you all do. This will help family members be reminded to keep on going.
- Set a goal. If you set a big target, break it down into smaller ones. This will make it easier to see how well you are doing.

For older people

Perhaps there are ways you keep fit that other family members haven't tried. Could you introduce your family to new activities such as bowls or gardening? One gran even introduced her family to belly dancing!

For younger children

Everyone can join in the fun. Children may not be able to go rock climbing but they can enjoy climbing over cushions on a soft floor.

Remember!

Always consult your doctor before starting a new exercise. Take things slowly. Pushing your body too far and too fast can lead to injury. Think about safety equipment. It is often essential to avoid a serious injury.

What next?

If you've enjoyed this and want more, try these out...

Family Learning Festival organised by the **Campaign for Learning** offers families a chance to get involved in trying out fun activities together, from skipping to sailing. Thousands of events take place every October in different places all around the country. Find out more by ringing **0800 66 0800** or visit **www.welovelearning.co.uk**

Have a running start to the Olympics by trying out some activities in your area now! Go along to your local sports centre or gym, or see if your community centre runs any classes. Check with your Council, or click onto **www.sportengland.org** for more information. You can also call **learndirect** on 0800 100 900 for more activities.

This activity sheet has been produced by the **Campaign for Learning**. They are written specially for organisers running **Family Learning Festival** activities and for families to try out at home.