

News Release for Immediate Use

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9/28/2020

Fall is here! It is a great time to plan for physical activity when the weather is great as well as pre-plan for those upcoming days where it is too cold to exercise outside. There are so many family activities you can do, make a list and have some fun. Combining a healthy diet with physical activity will result in overall improved health for your family.

Nature walks are a great way to take in nature while getting much needed physical activity. Look at your local area and see what hiking trails are available. You may find something new to explore with your family. All you need is some tennis shoes and off you go. While you are walking on the trail, you can have a scavenger hunt. You can have a prepared list of things to find along the way. These can be things like leaves, rocks and maybe you can try to find a feather. This combines two things, physical activity and mindfulness. Both activities combined will result in a great way to explore your surroundings in a new way.

You may want to begin formulating ideas so you can stay active when the winter weather sets in. There are lots of options from plugging in your favorite work out video on YouTube to being more creative with your family. You can make a list of exercises to do from the alphabet and have everyone use their first name to do the activities. These can include things like burpees, sit-ups and jumping jacks. You can find ideas on pinterest or other social media sites that you are involved with.

The simple key to all of this is to just get out and get moving! You will be glad you did! Remember, 30 minutes a day for adults and 60 minutes for your kids. What are you waiting for? Grab your family and get moving! For more great ideas, visit <https://food.unl.edu/>