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10 Family-Friendly Exercises to Get Everyone Moving

Building a strong, healthy, and happy family goes beyond shared meals and quality time. It's also important to engage in physical activity together. Family exercises promote bonding, physical fitness, and the pursuit of mutual goals. From dancing in your living room to throwing a frisbee around in the backyard, your family can enjoy countless opportunities for exercise, both outside and indoors. Here are some fun ideas from the [New Hampshire Academy of Family Physicians](#) to get you started!

Cardiovascular Exercises

Engaging in cardiovascular exercises as a family is a great way to boost your heart health, increase endurance, and improve your overall fitness levels.

- Find ways to [fit exercise into your family's daily routine](#), such as taking the stairs instead of the elevator or parking further away from your destination.

- Cleaning is a great form of cardiovascular exercise. Gather your family and [give your home a deep clean!](#)
- Turn on some music and [have a dance party](#) in your living room.
- [Go on family hikes](#) to enjoy nature and explore new areas outside town.

Strength and Flexibility Training

Strength exercises focus on developing muscle strength, improving posture, and enhancing overall stamina. Flexibility training is great for improving mobility and avoiding injury.

- [Follow a yoga routine](#) designed for all ages and abilities. Encourage each other as you try new poses.
- Perform bodyweight exercises like burpees, mountain climbers, and plank variations together. Check out [these kid-friendly resistance exercises](#) for ideas.
- [Create a backyard obstacle course](#) with activities like crawling, jumping over hurdles, and balancing on beams.

Outdoor Games and Activities

Participating in active outdoor games and activities with your kids is a fantastic opportunity to spend quality time together. Take advantage of a nice day and get outside!

- Play frisbee, either casually by throwing the disc back and forth or [setting up frisbee games](#) to make it competitive.
- In the summer, visit a local pool or beach for a refreshing swim or water-based activities like [water polo or relay races](#).
- [Organize a family scavenger hunt](#), incorporating physical activities like running, jumping, and climbing.

Incorporating family exercises into your routine will not only improve your physical fitness but also strengthen the bond between you and your kids. Whether you're playing active games outside, collaborating on cleaning projects, or encouraging each other to make healthy choices throughout the day, prioritizing family wellness is bound to create lasting memories!

Are you looking for ways to get involved in community health initiatives? Keep an eye out for advocacy opportunities with the [New Hampshire Academy of Family Physicians!](#)