

# GET ACTIVE + PLAY!

DITCH YOUR PHONE for

1 HOUR  
A DAY

Focus on fun and try a few of these physical activities with your family.



- Biking
- Hula-Hooping
- Walking
- Jumping Rope
- Running
- Soccer
- Yoga
- Frisbee
- Hiking
- Pilates
- Scavenger Hunt
- Dancing
- Tennis
- Jogging
- Whiffle Ball
- Kayaking
- Basketball
- Skating

**WHO:** You and your family

**WHAT:** 1 hour of physical activity

**WHEN:** Every day after school or work

**WHERE:** Outside – or inside if it's too dark out

**HOW:** Ditch the social media, pick an activity, and GO! GO! GO!

### Tips for getting started:

- Create a healthy environment for your family by doing physical activity together.
- Leave electronic devices in a designated area and have the whole family do fun activities together
- Pick a variety of activities to work on strength, endurance, and flexibility (e.g. do sit-ups and push-ups on Monday, play basketball on Tuesday, and do yoga poses on Wednesday).
- Track your activity and encourage each other along the way to having a stronger, healthier family.



MaineHealth  
**LET'S GO!**

5-2-1-0

Content adapted from contributions by Gretchen Cullenberg. Learn more at [www.gretchhealth.org](http://www.gretchhealth.org)