

6 Healthy Activities

FOR THE WHOLE FAMILY



Searching for some new healthy activities that your entire family can enjoy? Look no further! We've compiled a list of affordable, family-friendly activities that parents and children of all ages are sure to love.

1 Go geocaching

Geocaching is like a high-tech treasure hunt. Just enter your ZIP code on a geocaching site (such as geocaching.com) and receive the coordinates of “caches” in your area. Kids and adults alike will love the experience of using a GPS device to find these outdoor treasures — and being able to take what they find. Just make sure to leave something behind for the next family!

2 Plant something

Planting seeds and nurturing them as they grow is a great outdoor — or indoor! — activity that the whole family can enjoy. Try using eco-friendly seed starters such as tin cans, egg boxes or grapefruit peels. But don't limit yourself to just planting seeds — you can also spend family time planting flowers or even a tree in your yard.

3 Visit a farmers' market

For families who enjoy eating healthy but don't necessarily have a green thumb, a farmers' market is a fun way to spend a morning. This is a great place to pick out local organic fruits, veggies and other goodies as a family. It's also a great way to talk to your children about foods that grow from the ground and why they are healthy options.

4 Feed the ducks

Take some bird seed to a park, lake or pond and feed the ducks with your family. You can also use this time to be together outdoors and get some steps in by walking around the water. Just make sure there aren't any “no feed” signs before feeding the ducks — and don't get too close!

5 Tour your own hometown

Sightseeing is a typical vacation activity, but checking out the history in your own backyard can be just as educational and eye-opening. Tour your city's most historic buildings, check out monuments and statues or visit a cemetery to look for old tombstones. Discovering what makes your local area special can create a meaningful connection to the spot your family calls home.

6 Designate a family fitness night

Each week, have a different family member choose a fun family workout that you can all do together. Whether it's swimming, scootering, walking, biking or having a dance party at home, this creates a designated day for the family to spend quality time together. Plus, your workout will never become dull!

No matter the weather or time of year, there are plenty of ways to spend healthy quality time with your family. By switching up your list of family activities, you can create lasting memories and maybe even learn something new in the process.