

Family Olympics



- One of the best ways to help your family be active is to be active together. A family Olympics can help by setting up stations of activity that each member cycles through for about 30 seconds at a time
- Start by setting up stations with enough room for safe movement in each location
- Some stations can include:
 - Jump rope
 - Dribbling a basketball
 - Hula hoop
 - Push ups
 - Sit ups (for more of a challenge, use a stability ball)
 - Running in place
- After performing each activity for 30 seconds, everyone switches to the next activity in the circle
- This is a great way to get a full body workout without going to the gym, buying expensive equipment, while motivating each other.
- If you are more into competition, keep track of how many repetitions you can do in 30 seconds. The next time you hold a family Olympics, see how much progress you have made. The competition is within each individual, not between family members.
- It is recommended that children spend at least an hour of activity every day. It is also recommended that children do not spend more than an hour at a time sitting (watching tv, etc.). Activity is most successful when the entire family is involved

Disclaimer:

Exercise is not without its risks and this or any other exercise program may result in injury. To reduce the risk of injury in your case, consult your doctor before beginning this exercise program. The advice presented is in no way intended as a substitute for medical consultation, KUTV and the Utah Department of Health disclaim any liability from and in connection with this program. As with any exercise program, if at any point during your workout you begin to feel faint, dizzy, or have physical discomfort, you should stop immediately and consult a physician.
