

# Be an Active Family with Outdoor Activities

**Kayla Colgrove**  
Extension Educator,  
Lancaster County

It's summer. The sun is out. The mornings are refreshing and the evenings are long. It is time to be outside and have some fun! Great news, most outdoor activities can help fit more physical activity into your day. Being active as a family can benefit everyone.

### How Much Activity

Kids and teens need at least one hour of physical activity a day. Include a mix of activities that make their heart beat faster, build their muscles and strengthen their bones. Running, jumping or doing a cartwheel can help bones get stronger.

Adults need 150 minutes a week of physical activity that gets your heart beating faster. Do activities that make your muscles work harder than usual at least two days a week. For older adults, it is recommended to add balance training and evaluate your level of effort based on your level of fitness. Chronic health conditions may affect your ability to do regular physical activity safely. Always check with your doctor before starting a physical activity routine.

### What Counts

All sorts of activities count. Whatever gets you moving! Some examples include:

- Swimming
- Walking
- Jogging or running
- Dancing
- Golfing (without a cart)
- Sports
- Yoga
- Weight machines
- Body-weight exercises

Luckily for us adults, there are several outdoor summer activities that can count as exercise but don't feel like exercise at

the time. Some of these activities would include:

- Gardening and weeding
- Yardwork
- Mowing the lawn with a push mower
- Household chores such as vacuuming
- Home repairs

The goal is to get kids outside and moving without feeling like they are exercising. The TV and game consoles are all too tempting, but there are several ways to encourage activity and decrease screen time.

### Fun Outdoor Activities for Your Family

Make physical activity fun for the whole family. Involve your children in the planning. It is important to walk, run and play with your child instead of sitting on the sidelines. Try one of these outdoor activities to get active as a family:

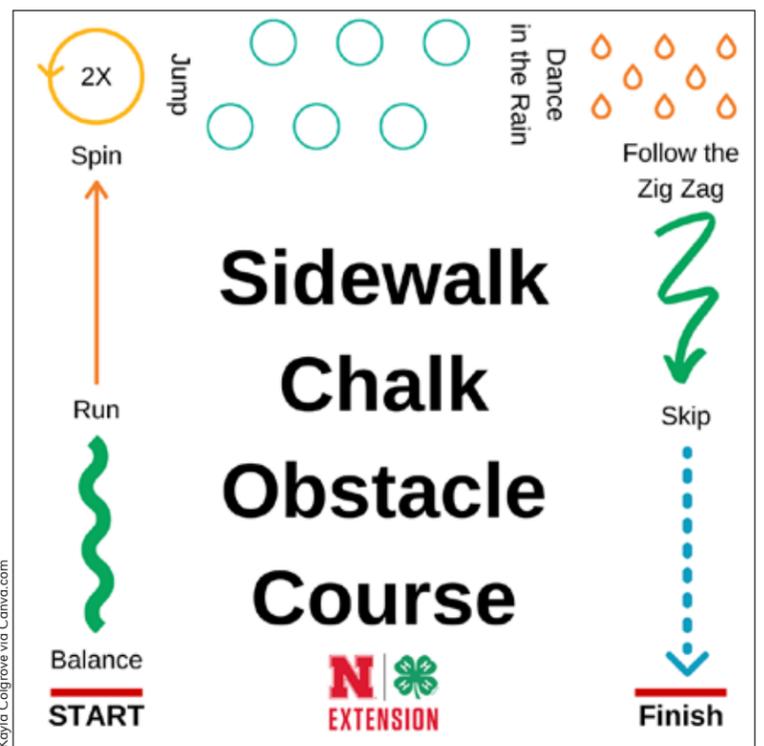
### Go on a Scavenger Hunt

This is a great activity that involves the whole family. It is inexpensive and can be played many different ways. Create a list or try this outdoor scavenger hunt that focuses on items your family can find on a walk. See how many items you can cross off on your next walk.

### Create a Sidewalk Chalk Obstacle Course

If you have been on a walk in any neighborhood recently, you probably have seen some sidewalk chalk art. Try making an obstacle course. It is a fun activity all ages enjoy. Create your own chalk obstacle course using your sidewalk and/or driveway. Here is an example course to try:

- Create a start line
- Balance along a squiggly line



- Run to the next activity
- Spin 2 times
- Jump to each circle
- Dance in the rain
- Follow the zig zag
- Skip to the finish line

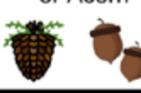
be done with just an old towel or sock. Ask your kids what sport they like playing. Help them practice and work on their skills.

### Explore the Trails

This is a great way to get active as a family. Enjoy walking, running or riding bikes. When riding bikes, set an example by using safety gear, like bike helmets. If your community doesn't have trails, search for *see ACTIVE FAMILY on page 2*

### Play Active Games

Choose games that require catching, throwing, kicking or chasing to be more active without thinking it is exercise. Capture the Flag is a great game to play with the family. This can

 <b>OUTDOOR SCAVENGER HUNT</b> How many items can you find on your walk?			
Nest 	Cloud or Sun 	Building 	Rock 
Bug or Insect 	Road Sign 	Fence 	Animal 
Flower 	Tree 	Bird 	Wheels 
Tower 	Pine Cone or Acorn 	Plane 	Flag 

## EXTENSION OFFICE OPEN

*although some restrictions to staff office area remain in effect.*

Limited public meetings and events are being held in the conference rooms with social distancing guidances in place.

Masks are highly encouraged.

Please visit [lancaster.unl.edu](http://lancaster.unl.edu) for up-to-date information

## CONNECT WITH US

Nebraska Extension in Lancaster County  
444 Cherrycreek Road, Suite A  
Lincoln, NE 68528  
402-441-7180  
<http://lancaster.unl.edu>



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