

# FITNESS FUN FOR FAMILIES



## Physical Activity Gets Everyone Moving!

- Be active together as a family. Parents are strong role models for children.
- Look for free and low-cost physical activity areas near home such as parks, trails for hiking, walking and biking, public swimming pools, and tennis courts.
- Be safe. Have everyone use appropriate safety equipment, like bike helmets, shin guards, wrist guards and elbow and kneepads to prevent injuries.
- Try for 60 minutes of physical activity every day.

### Places to call for more information:

Check the local *Yellow Pages* under Baseball Clubs, Camps, Dance, Exercise & Physical Fitness Programs, Recreation Centers, Soccer Clubs, Swimming Pools—Public, YMCA, and Youth Organizations and Centers for additional resources and information. Some agencies may offer reduced fees or scholarships if financial assistance is needed.

*Parks & Recreation* are listed in the light blue front section of the phone book under:

*City Government Offices*—Recreation & Parks  
*County Government Offices*—Parks Department  
*California State Government Offices*—Physical activity information 1-800-232-4636

*Press Democrat*: Check the sports section every Tuesday for Youth Sports Information

### Things you can do:

- Explore Howarth Park, Annadel Park, Armstrong Redwood State Reserve, Hood Mountain, Jack London State Historic Park, or Spring Lake.
- Enjoy the parks and beaches at the Sonoma Coast.
- Play a family game of basketball, softball, soccer or volleyball.
- Wash the car together and have fun with the garden hose.
- Swim and play at the local community pool, Spring Lake Lagoon, or the Russian River beaches.
- Buy toys that promote physical activity.
- Walk, walk, and walk whenever possible.
- Go to a local campground, pitch a tent, fish, walk and explore the area.
- Volunteer to help with physical activity events at your child's school.
- Take the stairs whenever you can.
- Tape your own family exercise video.
- Check out Farm Trails at your local library for a location where you can pick your own apples, peaches, or berries.
- Rent exercise videos or buy used ones at garage sales.
- Plant a vegetable or flower garden and maintain it.
- Jump rope, fly a kite, or play frisbee.
- Walk or run in charity fundraisers.
- Take the family dog for a walk.
- Coach your child's soccer, basketball, baseball or volleyball team.
- Go ice or roller skating
- Dance, dance, dance!



For additional copies of this guide, please visit: [www.sonoma-county.org/health/wic](http://www.sonoma-county.org/health/wic)  
or call (707) 565-6680