



### Family Obstacle Course

Create a variety of activities that can be done by everyone in the home and design your own course of family fun.

Hint: you can have the family perform each activity under a certain amount of time or have everyone do each activity for a length of time and then rotate through the course

#### Activity Ideas

- Jumping jacks
- Push-ups
- Sit-ups
- Squats
- Lunges
- Crawling
- Leap frog
- Hopping

#### Equipment Ideas

- hula hoops
- yo-yo
- basketball
- jump rope
- bean bags
- exercise ball
- stairs
- chair or table



#### Healthy Family Home Connections

- |  |   |                                    |
|--|---|------------------------------------|
| 6-11 servings of grains per day            | = | 6-11 jumping jacks                 |
| 3 servings of low-fat dairy per day        | = | 3 twirls with hula hoop/3 push-ups |
| 5-9 servings of fruits and veggies per day | = | 5-9 squats/sit-ups                 |
| 8 glasses of water per day                 | = | 8 seconds of yo-yo tricks          |