



JUST GET UP BE ACTIVE!!! Make Fitness Fun!!!

- 1. GET UP and PLAYDON'T sit and watch!!!!!!!**
- 2. Play Outside – Kick ball , volleyball, badminton etc**
- 3. Play inside – Simon Says, Nerf Games, Wii, musical chairs, dance or balloon volleyball..be creative.**
- 4. DO stuff like walking, hiking , biking... discover your neighborhood**
- 5. Check out what Fort Gordon Sports and Recreation offers -**
- 6. Attend the special events in the area- walkathons, Barton Trail tours**
- 7. Go on a photo safari in your own neighborhood or a local park like Pointes West (walking of course)**
- 8. Sign up as a family for a lesson in Martial Arts, Dance, Yoga, Golf....**
- 9. Go Bowling or skating - get a group together and don't forget the camera**
- 10. Do the simple things like park in the last parking spot of the parking lot not the front row, walk up the stairs ...THINK FUN FIT**