



PROMOTING PHYSICAL ACTIVITY

in the Family.



LESSON PLAN:

Promoting physical activity in the family

WELCOME TO THE LESSON: PROMOTING PHYSICAL ACTIVITY IN THE FAMILY

You've completed the first step in our **Pick. Watch. Enhance.** model and selected the topic "**Promoting Physical Activity in the Family.**" Excellent choice! In this lesson, you'll learn how to make physical activity a regular part of your family's routine, improving both physical and mental well-being while spending meaningful time together.

This lesson focuses on:

- Understanding the recommended physical activity levels for different age groups.
- Exploring fun, family-friendly exercises to keep everyone engaged.
- Learning how to overcome common barriers to exercise and build consistent routines.

PAUSE AND PREPARE.

Before moving on to **Step 2: Watch**, take a moment to reflect on these questions. Thinking about your family's current habits will help you approach this lesson with intention and focus:

- How often does your family engage in physical activities together (e.g., walking, biking, playing sports)? (1 = Never, 5 = Very frequently)
- How confident are you in incorporating physical activity into your family's routine? (1 = Not confident, 5 = Very confident)
- What are the main benefits of physical activity for your family's mental and physical health?
- What are the most significant barriers your family faces in staying active together?

- How motivated do you feel to start a regular family physical activity routine? (1 = Not motivated, 5 = Very motivated)

Take a deep breath, think about your answers, and hold them in your mind as you move forward.

STEP 2 - WATCH.

This step features three short videos that introduce key ideas for incorporating physical activity into your family's routine. Each video builds on the last, so make sure to watch them in the order listed below. Click on the video titles to begin:

1. Benefits of Family Physical Activity

- Learn how regular physical activity improves your family's mental and physical health while reducing stress and promoting stronger connections.

2. Family-Friendly Exercises

- Discover simple and fun exercises that the whole family can enjoy, from walking and biking to dancing and outdoor games.

3. Overcoming Exercise Barriers

- Explore strategies for overcoming common obstacles, such as busy schedules, lack of motivation, or differing interests within the family.

As you watch, think about which ideas resonate most with your family and how you can start making physical activity a regular part of your lives.

STEP 3 – ENHANCE.

Now that you've completed the videos, it's time to put your learning into action with practical tools. These resources are designed to help you schedule, track, and maintain a fun and rewarding family fitness routine.

Click on the titles below to download the resources. Each one is formatted so it can be easily saved to your computer OR printed for your convenience:

- **15 Healthy Things to Do Before Bed**

- Discover simple, calming activities to incorporate into your nighttime routine to reduce stress and promote restful sleep—an important part of overall wellness.

- **5 Social Media Fitness Myths Debunked**

- Uncover the truth behind common fitness myths, helping your family focus on realistic, sustainable ways to stay active.

- **Top 10 Mind Hacks to Start Exercising**

- Use these powerful mindset strategies to overcome resistance, build motivation, and make exercising a regular habit for the whole family.

- **12 Creative Ways to Add 100 Steps a Day**

- Explore fun and simple ideas to increase daily movement, whether you're at home, outdoors, or running errands as a family.

These resources will help you get started and stay on track, turning family fitness into a positive, stress-relieving habit.

REFLECTION.

Before concluding, take a moment to reflect on what you've learned and how you've applied it:

- After watching the videos, how often does your family engage in physical activities together? (1 = Never, 5 = Very frequently)
- How confident do you feel now in including physical activity in your family's routine? (1 = Not confident, 5 = Very confident)
- What new benefits of family physical activity have you noticed after implementing these activities?
- What barriers to family exercise have you overcome, and how did you do it?
- Has your family started a regular exercise routine? If so, how do you feel about it, and how are you tracking progress?

Reflecting on these questions will help you measure your success and identify next steps for staying active as a family.

WHAT'S NEXT?

Congratulations on completing this lesson! By engaging in regular physical activities, you're helping your family build healthier habits, strengthen connections, and reduce stress. When you're ready to continue:

- Explore other lessons in the **[Health and Wellness Center](#)** to support your family's physical and emotional well-being.
- Revisit this lesson anytime to refresh your knowledge or add new activities to your routine.

Keep up the great work! Every step you take together promotes a happier, healthier family.

