

Exercising
as a family

Family exercise is an ideal solution for parents who want to improve their own health, as well as the health of their children. Exercising as a family has many



Benefits
of Family
Exercise

Reduces the risk of serious health problems such as diabetes, high blood pressure, & heart disease

Improves circulation and metabolism

Improves emotional well being

Reduces stress, tension & depression

Burns calories to keep weight under control



More About Exercise:

A daily 30-minute routine of walking, hiking, swimming, biking or similar exercise helps:

- Reduce serious health problems such as diabetes, high blood pressure, and heart disease.
- Burn calories.
- Reduce emotional or mental stress.

A list of walking and biking trails is available at www.leadershipmobile.org/MU_trails.php



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Exercising as a Family



*A Quick Reference Guide
for Promoting a Healthy Mobile*

**A Project of
Mobile United
Health Services
Task Force**



HEALTH CHECKS FOR FAMILIES

Does every member of the family understand the importance of exercise?

Has any doctor advised a family member to exercise more or to lose weight?

Does any family member need a doctor's permission to begin an exercise program?

If the answer to any of these questions is YES, it is time to get going.

Find the right exercises to meet your needs, schedule a regimen, and begin the process of becoming fit for life.

Exercise:

- Promotes healthier alternatives to TV, computer games, & movies.
- Promotes communication between & among family members.
- Helps parents teach children how to lead active & healthy lives.
- Boosts energy levels.



Types of Exercise:

- Golf, tennis, badminton, volleyball, baseball, softball, basketball, touch football, tag, kickball, snorkeling,
 - Walking, jogging, hiking, or biking in the neighborhood, a park, zoo, or nature trail (www.leadershipmobile.org/MU_trails.php)
 - Swimming & water aerobics
 - Roller skating, snow skiing, ice skating, ice or street hockey
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Strategies for Success:

- Vacation at a resort that offers a variety of recreational activities.
- Join a physical fitness program at a YMCA or athletic club.
- Focus on the activities your children enjoy.
- Vary activities by season.



- Make exercise fun.
 - Reward children for exercising as a family with a picnic, going to a favorite restaurant, movie, etc.
 - Involve children in planning vacations that appeals to all or most of the family.
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