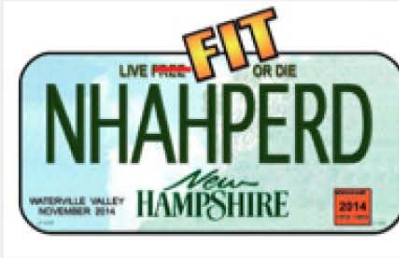


*"Health is not valued until
sickness comes."*

Dr. Thomas Fuller



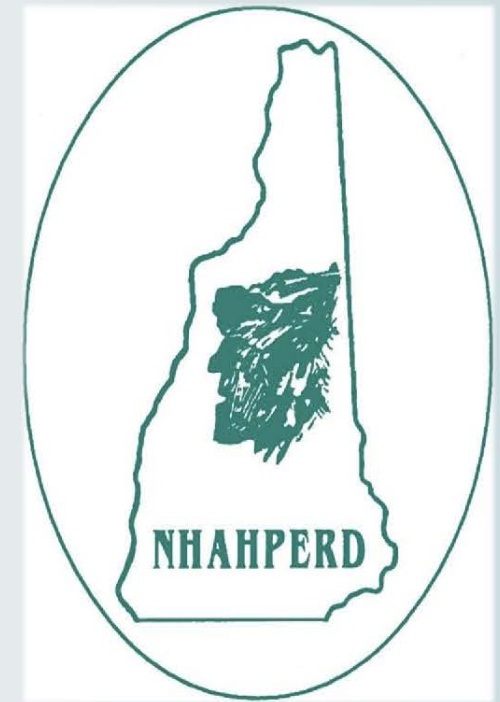
[family fitness]: the
condition of being
physically active and
healthy as a family.



Contact your
Health or Physical
Education Instructor

New Hampshire Association for
Health, Physical Education,
Recreation, & Dance
(NHAHPERD)

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In New Hampshire,
physical activity is a
family affair!





THE MISSION

The New Hampshire Association for Health, Physical Education, Recreation & Dance is committed to the belief that positive health practices can be established early and continued throughout life with collaboration among families, children's school physical education programs, community recreation programs, and family physicians.

We hope this brochure will assist you and your family in understanding the contributions of physical activity in reaching the goal of an active life and healthy lifestyle.

NHAHPERD Executive Board



Things to try together

- Collect leaves at a state park
- Hike Mt. Monadnock
- Swim at Hampton Beach
- PYO fruit
- See the pumpkins at Keene
- Play at Weirs Beach
- Hike the Flume in the White Mtns.
- Ski/Snowboard your favorite mountain
- Snowmobile through the Great North Woods
- Mountain bike through Bear Brook State Park
- Jump rope contest
- Hula hoop
- Scavenger hunt
- Geocache
<https://www.geocaching.com/>
- Horseshoes
- Take a walk
- Dance party
- Weekly sports night
- Create cards to do an activity such as snake slither or buy a set at FitDECK.
- Run or walk for charity
<http://www.walkjogrun.net/events>
- Make a garden & tend it.



Here's why

Exercise time is quality time!



Youth and families will benefit from this time not only physically but mentally as well. This is a great time to share and get to be with your kids.

Limit Screen time!

Some children and youth are spending as much as 5-7 hours on screen time. This contributes to not being as physically active and making poor food choices.

Get Fit!

Exercise is believed to reduce your risk of heart disease, make your bones stronger, and help you stay slim.



Get Rest!

The children will be tired and so will you! Everyone sleeps better and there is generally less stress when the family exercises together.

Find a role model!

Your PE teacher, coach, etc. can be a great way to get started.