

Focus on 5210

Toss the remote, go outside and play! Be a family that plays together.

Let's all aim to include at least 1 hour of physical activity into each day!

Recently the World Health Organization called physical inactivity to be among the greatest threats to health world wide.

- A family walk is a great way to spend some quality time together.
- If watching TV, hit the mute button during commercials and see who can do the most push-ups or jumping jacks.
- Don't let the weather prevent physical activity, turn on the radio and dance, practice your jump rope skills.
- Try a family Zumba class
- Role modeling is a great way to encourage your children to be active!