

Family Fitness Night

Welcome to our first family fitness night! Below you will find a copy of your schedule of where your family will be during the event. Please help us out by going to the correct location depending on your child(ren)'s grade level.

Kinder. - 2nd

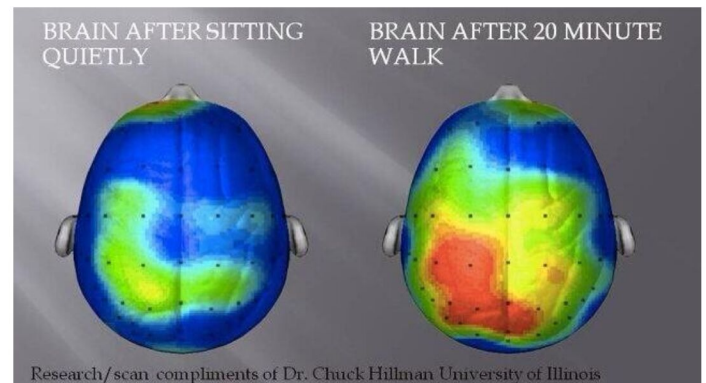
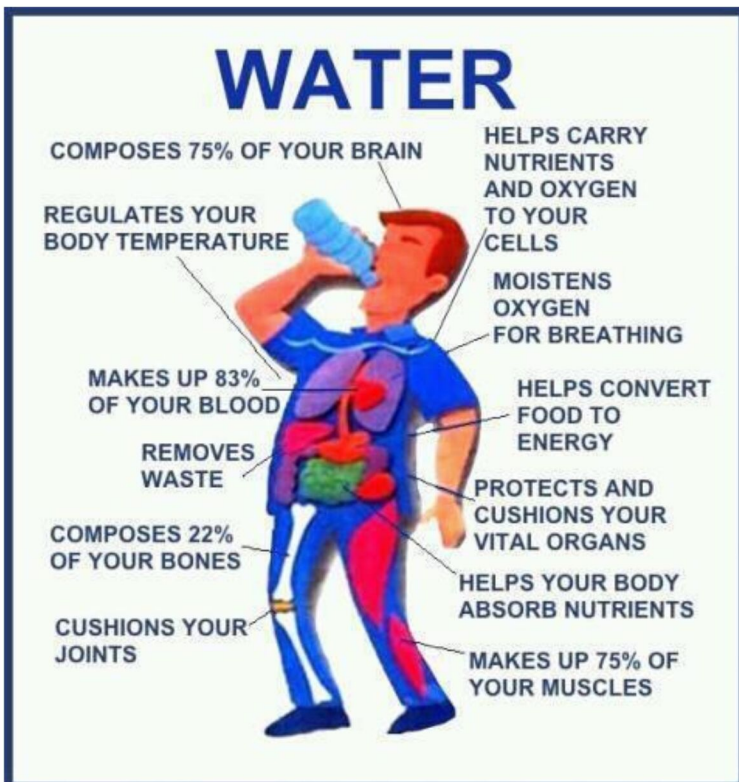
6:00-6:45
Music Room with Nutritionist

6:45-7:30
Cafeteria with Coach Pirillo

3rd - 5th

6:00-6:45
Cafeteria with Coach Pirillo

6:45-7:30
Music Room with Nutritionist



Make sure you are drinking plenty of water during the event and every day.

Family Fitness Ideas

Remember the FITT formula when choosing

F = Frequency (how often) **I** = Intensity (how hard) **T** = Time (how long) **T** = Type (what kind)

Try and exercise together for a minimum of 20 minutes using a moderate to vigorous activity.

Little To No Equipment

Taking walks after dinner
Shopping at the store
Quick exercise during TV commercials
Dance to your favorite songs
Play tag in the yard
QR fitness games
Trading card fitness
Fitness flash cards
Pedometer challenges
Jump rope in the yard
Play at a nearby park together
Go hiking on a trail
Walk to a store instead of driving

Websites



YouTube Dances



Go Noodle



Let's Move



100 Fitness Ideas



Adventure To Fitness

Using Technology

You can use your phones or tablets to download various fitness apps to help keep activity entertaining for the whole family. There is a wide variety of apps available in both markets. See the addition pages for QR codes linking to some apps.

If you have a game console, you can purchase interactive games so the family can participate together. Children love playing games and video game companies have been creating a lot more movement centered games. See below for some ideas.

Pedometers is a great and inexpensive way to help track activity. There are many different types and brands of pedometers that can be purchased. Some of the less expensive pedometers may not last very long. If you want to purchase some for the family, we recommend you research on the type of pedometers that will work for your needs. In fact there is a variety of pedometer apps available for your phone.

Wii

Just Dance Games
Nickelodeon Dance
We Ski & Snowboard
Outdoor Challenge
Mario Power Tennis

Xbox 360

Just Dance Games
Kinect Sports
Nike + Kinect Training
Your Shape Fitness Evolved
Wipeout Create & Crash

Playstation 3

Just Dance Games
Active 2
Sport Champions 2
Carnival Island
Start The Party! Save The World

Apple Apps



Treasure Hunt GPS



Bit Breaker



Ball Strike



Motion Cut



Just Dance Now



GameFit Racing



Dungeon Runner



Spin It



Workout In A Bag



NFL Play 60



Play Pickers



Superhero Workout



Work It



Human

Android Apps



Bit Breaker



Just Dance Now



Home Workout



Pocket Yoga



Circuit Training



Nike Training



10 Daily Exercises



Daily Workouts



7 Min. Workout



Kids Fitness
Workout



Google Fit



Stretching
Routines



Play Pickers



Treasure Hunt

Recipe Ideas



Helpful Tips

When creating sack lunches for your children, have them help pack it and pick things they will eat. Offer a main course, fruit and vegetables for them to select. The children will feel they have ownership in selecting their food and more likely to eat what they have picked for lunch.

Meal planning can be very important to busy families. Have your children help decide what they will like to eat for dinner. Pick one or two days where they get to decide and have them help prepare the meals.

Take time to shop for groceries together. Have your kids pick out the foods they would like to eat. Guide them to choosing the healthy choices in the store. Take time to discuss what is considered a healthy food choice, and look at the nutrition labels to show them why it's a good choice.

Bang

Equipment: create fitness cards with two that say "bang"

Activity: Place the deck of cards face down in the middle. When ready each player will draw a card and perform the exercise. When complete with their exercise they will draw another card. Each player will collect their own stack of cards. When players draw the "BANG" card, they place all their cards at the bottom of the deck and start over again.

See the list of exercises on the last page.

Trading Card Fitness

Equipment: deck of cards, signs for the various suits with at least 4 exercises on them.

Activity: You will need to remove the face cards from the deck. Place the signs in different locations around the yard with the deck of cards in the center. When ready each player will draw one card and go to the sign for the suit of the card (ie- 5 of hearts go to the hearts sign). The players will get to pick one of the exercises to perform from the list in the amount shown on the card. Players will return to the deck, place the card on the bottom and draw a new card. When the player draws an Ace or Joker, they get to jog one lap around the yard.

See the list of exercises on the last page.

Fitness War

Equipment: deck of cards, yard, list of exercises

Activity: You will need to pull out the face cards, aces and jokers from the deck. Divide the deck evenly between the two players. When you are ready you will flip your first card over. The person that adds them up first will get to run a victory lap around the yard and keep the cards. The person that lost will perform one of the exercises from the list for the sum that was added. When both players are ready you may repeat the process.

See the list of exercises on the last page.

QR Fitness

Equipment: QR codes, device with QR reader, die

Activity: Scatter the QR codes around the yard. One player will retrieve a QR code and bring it back. Roll the die and scan the card. Players will perform the exercise that was scanned of the amount of the number associated to what they rolled. For example: scanned card reads pushups, number rolled was 6 which equals 10 according to the card, so the players perform 10 pushups. When complete another player may get a new card.

See the list of QR codes on a different page.

Exercise List

Pushups	Scissor Kick
Squats	Floor Taps
Shoulder Tap	Leg Lifts
Bell Jump	Curlups
Squat Thrust	Jumping Jill
Jumping Jack	Cross Over
Superman	Body Fold
Quadraplex	Calf Raises
Shoulder Press	Ski Jump
Genie Sit	Steam Engine
Switch Kick	Swimmer
Jump Plank	Wall Pushup
Arm Switch	Frog Jumps
Mountain Climbers	Bicep Curls
Leg Curls	Curl Downs
Reverse Curl-ups	Hug Myself
One Foot Hops	Lunges

Demo

<https://www.youtube.com/watch?v=j-YDozDlqFc>