



Physically Fit and Fun with the Family

“(Children) are indeed a heritage from the Lord, the fruit of the womb a reward.” Psalm 127:3 (NRSV)

Children and youth need physical activity for healthy growth and development. With physical activity levels decreasing and obesity increasing among today’s children and youth, it’s time that whole families move! Usually active parents have active kids. So, parents, play with children and youth. Encourage them to be active. Be role models.

Families can do active things together to have fun and develop better health. Go for walks, ride bikes, shoot hoops, dance to music, or make a game of raking leaves. The family that prays and plays together, stays together!

For additional Great Plains Health & Wellness Committee and other resources, visit <http://healthfund.org/hcresources.php> or contact your congregation’s Health & Wellness liaison.

(Used with permission from Melissa Bopp, Ph.D., Assistant Professor, Department of Kinesiology, Kansas State University, and the Health-e-AME Physical-e-Fit program, 2010.)



Physically Fit and Fun with the Family

“(Children) are indeed a heritage from the Lord, the fruit of the womb a reward.” Psalm 127:3 (NRSV)

Children and youth need physical activity for healthy growth and development. With physical activity levels decreasing and obesity increasing among today’s children and youth, it’s time that whole families move! Usually active parents have active kids. So, parents, play with children and youth. Encourage them to be active. Be role models.

Families can do active things together to have fun and develop better health. Go for walks, ride bikes, shoot hoops, dance to music, or make a game of raking leaves. The family that prays and plays together, stays together!

For additional Great Plains Health & Wellness Committee and other resources, visit <http://healthfund.org/hcresources.php> or contact your congregation’s Health & Wellness liaison.

(Used with permission from Melissa Bopp, Ph.D., Assistant Professor, Department of Kinesiology, Kansas State University, and the Health-e-AME Physical-e-Fit program, 2010.)