



## Destination Challenge: Spring Family Fun!

### Directions:

You don't need a gym membership or expensive fitness equipment to get moving at home. Looking for ideas on how to get started? Review these helpful tips to start your family on a more active and healthier lifestyle at home.

- **1<sup>st</sup> Package:**  
Visit all the destinations as a circuit. For example, you will start with the Rocky Mountains and then travel to the Caribbean until you reach your final destination. Feel free to add push-ups and sit-ups or your favorite aerobic capacity activity, such as 10-20 jumping jacks as you “travel” to each new stop.
- **2<sup>nd</sup> Package:**  
Choose at least three destinations a day and complete the activity. Give yourself a couple of weeks to visit all the destinations at least one time.

### Travel Tips:

- Feel free to be as creative as you can while you travel. You may want to do some background research (library or online) about your destinations. Look for fun facts, famous sites to visit and popular activities you can do at each destination.
- Practice safety when performing the activities.
- Parents, this is a great time to have your child begin to think about creating a travel budget. Use resources (online and in the library) to help you estimate travel costs for activities, souvenirs and transportation.
- Create a travel journal and list what you did at each stop. Feel free to draw pictures.
- See how many times you complete the challenge throughout the month.

**Remember:** U.S. Department of Human Health Services recommendations state that kids need 60 minutes of physical activity daily.

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**Don't Forget...** you can add 10 push-ups, 10 curl-ups or 1 minute of aerobic capacity exercise (i.e. jumping jacks) between each destination.

Destination	Activity/Event
<b>Ski the Rocky Mountains</b>	1 minute of skier jumps (side-to-side two foot hops).
<b>Cruise the Caribbean</b>	Plank hold (place elbows on floor in push-up position, back flat, on toes and hold position)
<b>Luau in Hawaii</b>	Hula hoop or dance for 1 minute
<b>Stroll in Central Park</b>	10-20 lunges alternating legs
<b>Hike a Mountain</b>	25 mountain climbers (place body in plank hold position and bring knees up to the chest one at a time)
<b>Surf in California</b>	Play a favorite song and act like you are surfing (you may also dance).
<b>Make a Beach Stop</b>	10 bicep curls with cans and 10 chair dips
<b>Tour Washington D.C.</b>	March or jog in place for 2-4 minutes
<b>Coast a Coastline</b>	Bicycle crunches for 2 minutes (lay on your back on the floor and move legs like you are bicycling)
<b>Visit a Zoo</b>	See how long you can stand like a Flamingo (make sure to try both legs). Then turn into a crab and crab walk around your living room. What other animal can you become?
<b>Destination of Your Choice</b>	Make up your own destination and an activity for it.
<b>Return Flight Home</b>	Cool Down. Pick at least 5 of your favorite stretches and hold each stretch for at least 10 seconds (4-5 minutes).