

Family Fitness and Wellbeing Day



We know the importance of keeping your body and mind healthy. To help you and your family stay healthy, here are some fun ideas for celebrating your own Family Fitness and Wellbeing Day.

Before you begin:

Space – Choose a nice safe space to have your Family Fitness and Wellbeing Day. Depending on the weather, you may decide to use your back garden, indoors, a local park or beach.

Equipment – Write a checklist of any equipment you may need, for example, a football, tennis ball, whistle, boundary markers, a picnic basket, a blanket.

Nutrition – Stay energised for the day by preparing a nutritious lunch – try healthy snacks, fruit and vegetables. There are lots of healthy lunch recipes available on the Super Troopers website!

Hydration – Make sure you've enough water to stay hydrated!

Breakfast – Last, but not least, ensure that everybody is fuelled up with a good healthy breakfast to keep them energised throughout the day.

Now you're ready to go!

Jigsaw Sprint

You will need a jigsaw for this.

- › Mark out a start and end line and place pieces of a jigsaw (scrambled) at the end line.
- › Every player has to run to the end line in turn and collect a piece of the jigsaw, while the other players assemble the puzzle near the start line.
- › Players continue to sprint until all the pieces are collected.
- › The game is finished when the jigsaw puzzle is solved!



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'I'm at the gym and I'm doing...'

This is a fun way to really get moving.

- › Each player takes a turn at leading the group by saying 'I'm at the gym and I'm doing... 10 jumping jacks' (for example). The other players have to join in and do the activity. Then another player takes the lead.
- › For more of a challenge, each player can add an activity to the list as it goes around, for example. 'I'm at the gym and I'm doing 10 jumping jacks, 5 squats and 15 seconds of balancing on my left leg'.

Dribble, Carry, Throw and Catch!

You will need dice and a ball (large or small) for this game.

- › Mark a start and end line. Each player takes a turn to throw the dice, and then goes from the start line to the end line and back while completing the action indicated by the dice.

1, 4 = Dribble the ball with your feet.

2, 5 = Carry the ball, balancing it on a tennis racket, or your head.

3, 6 = Throw and catch the ball.

The Take Over

This is a fun fitness activity to do in your local park or nearby green space. You can try it walking or running.

- › Line up single file, one behind another. The players run or walk keeping in their line.
- › The last person counts to 20 and then moves up to the top of the line, taking over the other players, becoming line leader.
- › The game continues like this. You can run/walk for as long as you are able.



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Wellbeing Circuit

This is a great way to begin to cool down after physical activity. Mark out a circuit, indoors or outdoors, with different wellbeing stations.

Allow a few minutes (10 to 15) for each station.

Turn on some relaxing music to create a calm atmosphere. Examples of stations:

- › **Station 1:** Juggling - younger children can try this with two beanbags, or juggling two small balls.
- › **Station 2:** Mindful Colouring - this is great for adults as well as children.
- › **Station 3:** Create with Clay - use clay or play dough and take time to relax and create your own masterpiece.
- › **Station 4:** Rest and Read - Create a nice comfortable space where you can sit on cushions or a cosy chair with a favourite story or book.

Yoga Zone

Create a yoga zone where you try out some yoga stretches. You can even try making your own yoga sequences.



Food for Thought

Prepare a meal together, even something simple like a tasty salad. Take time to talk through the ingredients being used smell and touch the ingredients.



Give or Take a Compliment

Ask every family member to write a few compliments on slips of paper and put them into a bowl or jar. Throughout your Family Fitness and Wellbeing Day, everyone can take a compliment for themselves.

Check out
[layasupertroopers.ie](https://www.layasupertroopers.ie)
for more fun tips
and activities!