



Stuck for inspiration? The BfN staff and volunteers have put together this handy list of ideas to help keep the entire family motivated. There's something for everyone, no matter how fit you are:



Go for a fast walk with friends
Try trampolining with the kids
Play football
Have a pillow fight
Do an NHS online workout video
Have a family tug of war
Do some gardening
Dance your socks off
Squeeze in an NHS 10 min workout
HIIT workout (20 squats/20 sit ups/20 lunges/20 star-jumps - repeat 5 times)
Shuttle runs in the garden
Run up and down the stairs 10 times
Sign up for a climbing wall session
Jog around a local park
Skip for 20 mins - warning, this is tough!
Climb a hill
Go on a scavenger hunt
Have a water fight
Do some stretching
NHS prenatal and postnatal yoga
Play hopscotch
Play cricket
Exercise ball workout
Play rounders
Set up a lounge room obstacle course
Play in the garden sprinkler
Do Pilates
Join in with our live workouts
Try Geocaching
Go to the local playground
Play frisbee

Go for a run
Mow the lawn
Visit a soft play centre and join the kids!
Go for a bike ride
Do some home weights - fill water bottles with sand or water
Complete a chair workout
Try resistance training
Do chores around the house
Walk the dog
Jump workout to music - the kids will love this!
Go swimming
Give baby yoga a go
Play 'floor is lava'
Play badminton
Try couch to 5K
Set up crazy golf in the garden
Go on a litter picking walk
Host a mini sports day in the garden (think egg and spoon race, leapfrog, three legged race)
Have a planking competition
Go for a scooter ride
Blow bubbles and try and pop them all
Do the food shop as quickly as possible
Climb trees in the woods
Go bowling or set up a version at home - think bottles, tin cans, balls etc.
Follow a kids yoga workout online