

# Family fitness: it's all relative

May is a great time to put family fitness at the top of the list. Venture outdoors, enjoy the spring weather and try these simple ways to get everyone moving:

- Go for a walk and breathe in the air as you swing your arms and hold your head high.
- Work on moving in new ways. Go outside and enjoy walking, running, skipping and jumping with your children.
- Set up an obstacle course for your children using things to jump over or go under. See how quickly you can do it too!
- Even families without children at home can enjoy the outdoors with a walk, gardening, swimming, golf, tennis or other fun activities.

Source: National Center for Physical Development and Outdoor Play



Make family time fun by finding creative ways to keep everyone active.



**Learn to move right.** Log in to the Personal Health Manager in Blue Access<sup>®</sup> for Members and use the For Your Health Get Fit feature to plan and track your fitness program.

## May 2011

[www.bcbstx.com/hs](http://www.bcbstx.com/hs)

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--------|---------|-----------|----------|--------|----------|
| 1      | 2      | 3       | 4         | 5        | 6      | 7        |
| 8      | 9      | 10      | 11        | 12       | 13     | 14       |
| 15     | 16     | 17      | 18        | 19       | 20     | 21       |
| 22     | 23     | 24      | 25        | 26       | 27     | 28       |
| 29     | 30     | 31      |           |          |        |          |



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