



**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