



## Weekend and Family Activities

### Ten top tips

(c/- Harbour Sport Active Families Physical Activity Guide)

1. Plan a nightly walk or Jog around the block
2. Wash the car—bribery works well
3. Plant a new garden in the backyard
4. Mow the lawn—again bribery works
5. Use active transport—less car, more footwork
6. Playstation dance games—active ones only!
7. Get a paper run, be active and get paid for it
8. Choose active holidays— camping, tramping, kayaking, surfing, mountain biking
9. Climb a local volcano!
10. Take a day in the Waitakere Ranges—walk to one of the dams





## Overcoming Barriers to Activity

(c/- Harbour Sport Active Families Physical Activity Guide)

### Neighbourhood Safety

Children don't have to go outside to be active, they can play indoors.

Try old favourites like hide and seek

They can dance to CD's or C4

Make some time with them so they can do the things they love safely.

### TV Viewing and Computer Use

As a parent you can turn off the TV. Set Limits.

Turn off the computer during family meals and other family times.

Offer privileges or non-food rewards for your children for being more active.

Let your child invite friends to join in activities. They will have more fun and probably move more, since they have someone to play with.

### Money

There are lots of things that your child can do for free: head down to the school and play on the equipment there, check out the local bush walks, climb a local mountain or volcano, walk a dog bat a ball against the wall.

### Time

Remember you don't have to do 60 minutes of activity all at once, you can do it in 10 or 20 minutes blocks so it is easier to fit it in.





## Winter Indoor Activities

(c/- Harbour Sport Active Families Physical Activity Guide)

### Circuit Training

You don't need a lot of specialised equipment to create a circuit—use what you can find around the house. Turn on some music and time a minute at each station (aim for about 10 and try to do the circuit 2-3 times).

Some ideas are:

Skipping on the spot

Sit ups

Lifting cans as weights (bicep curl or shoulder press for e.g.)

Press Ups— standing up against a wall or on your knees for easier options

Stepping up and down the stairs

Bouncing a ball against a wall

Shooting indoor basketball hoops

Punching a pillow—hang it up first

Lie on the floor and cycle your legs

5 Burpees in a row

Star jumps or jumping for the ceiling

Roll or forward roll down the hallway





## Winter Indoor Activities

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### Indoor Basketball

You can get cheap indoor mini basketball sets from the warehouse or a soft ball or screwed up newspaper and a rubbish bin.

#### Rules

Have the hoop set up and see how many times you can get the ball through it in a set time.

### Indoor Hockey

Roll up some newspaper and tape together for some sticks, use screwed up newspaper for a ball or use a soft ball.

#### Rules

You need 2 players each with a goal at either end of a room or hall. Use your sticks to hit the ball along the ground and try and get it in your goal.





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### Skipping

Skipping is a great form of exercise and can get you fit really fast.

Ideas for skipping:

Time yourself and see how long you can skip without stopping. Try for one minute and when you get there try for two minutes, keep increasing it.

Skip during the adverts on TV.

See if you can get two people skipping together with the same rope.

Skip and run up the hallway at the same time.

Make up some tricks with the skipping rope to make it harder for yourself.





## Winter Indoor Activities

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### Indoor Obstacle Course

You could do time trials with your family

What to use:

Crawl under chairs or tables

Commando crawl down the hall

Jump over various sized pillows

Limbo under a broom

Zig zag around some containers on the kitchen floor

Lay out a rope on the floor and balance across it

Crawl under a blanket on the floor

Jump into and out of a hula-hoop five times

Do a ring toss

Run while balancing a beanbag or pillow on your head

Do a handstand

Skip in one place for 30 seconds

Do ten jumping jacks

