

Obstacle Course



- If you are tired of not knowing what to do to keep your family active, ask your kids! An effective game can involve setting up an obstacle course
- Start by setting up an area that is safe for movement, even if you fall down
- Have the children help you set up some challenges such as obstacles you need to crawl under, step over, weave in and out of, and any number of combinations
- Some obstacles can include:
 - Climb through a hula hoop set on its side
 - Jump over a Chinese jump rope set between two chairs
 - Weave in and out of cones set in a zigzag pattern
 - If you have a swing set, use the monkey bars
 - Set couch cushions on the ground and jump from cushion to cushion
- There is no competition, but you may find that the littlest members of the family may be better at some of the obstacles you climb under, but the older members may be better at some of the jumping. Set up the obstacle course to play to the strengths of each member
- You may find that this game can go on for a very long time. Don't be afraid to switch directions or change some of the obstacles if some of your family is having difficulty.

- It is recommended that children spend at least an hour of activity every day. It is also recommended that children do not spend more than an hour at a time sitting (watching tv, etc.). Activity is most successful when the entire family is involved

Disclaimer:

Exercise is not without its risks and this or any other exercise program may result in injury. To reduce the risk of injury in your case, consult your doctor before beginning this exercise program. The advice presented is in no way intended as a substitute for medical consultation, KUTV and the Utah Department of Health disclaim any liability from and in connection with this program. As with any exercise program, if at any point during your workout you begin to feel faint, dizzy, or have physical discomfort, you should stop immediately and consult a physician.
