



5 WAYS

to help your family develop an

ACTIVE LIFESTYLE

1 Swim, bike, walk or take the stairs as a family.



2 Encourage good nutrition and healthy food options.

3 Have a family activity log to track daily activity.



4 Get outside as a family and play, play, play!



5 Take family vacations that include sport and activities.



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The following organizations contributed to the creation of these resources for use by all sports organizations in the U.S.

