



## Move Those Bodies: Exercise the Whole Family Will Love

By Anya Willis of [FitKids](#)

You might hear it from the doctor all the time: more exercise! In fact, the whole family could benefit from being more active. Fortunately, it's easier to incorporate more movement into your routine when you've got a team. It doesn't have to be a drag, either! Check out these resources from [FitKids](#) & [The Spiral Goddess Collective](#) for getting the whole family exercising regularly.

### Indoor Exercise

*Some workouts take place inside, but that doesn't make them any less impactful.*

- Sign up the family for [taekwondo lessons](#) to simultaneously work out the body and mind.
- [Practice yoga at home](#) or take a class together.
- If you have access to a gym, [play family games](#) of basketball.
- Check out First Friday Free Dance at [The Spiral Goddess Collective!](#)

## Outdoor Exercise

*Something about physical activity with the sun shining above brings a different level of intensity.*

- Start [running together](#) as a family. Make games of it like tag and racing.
- [Go swimming](#) to race and play together.
- Create [mini boot camps](#) for your family to compete in.
- Attend [Hiking Yoga](#) with The Spiral Goddess Collective, Thursdays at 6 pm!

## Low-Impact Exercises for Your Senior Family

*Some exercises may be too intense for seniors. If this is the case at your house, lower-impact workouts may be necessary.*

- [Water aerobics](#) give you great exercise without putting too much strain on your joints.
- [Pilates is an excellent exercise](#) that works out your entire body and is mindful of different kinds of bodies.
- [Dance, dance, dance](#). Whether you take classes or simply turn on the radio, get moving!

## Low-on-Time Strategies

*We all have busy schedules. If yours doesn't seem to allow any extra time for exercise, there are still ways you can incorporate more activity into your everyday life.*

- Stuck at work and/or school all day long? [Take the stairs](#) as much as possible to get those legs moving and that heart pumping.
- Can you spare just a few minutes? Try this [10-minute workout](#) you can implement every day.
- An important part of any workout is stretching before and afterward. If you can't work in a full session of exercise, [commit to stretching](#) for 10 minutes a day.

You and the whole family *can* live a more active lifestyle with the right strategies. Play workout games as often as possible to keep things fun, and don't forget to implement some low-intensity workouts perhaps better suited to your senior family member(s). Ready, set... go!

***If you're looking for the perfect place for movement, check out [The Spiral Goddess Collective](#). Questions? Feel free to email [thespiralgoddesscollective@gmail.com](mailto:thespiralgoddesscollective@gmail.com).***

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