

25 FUN FAMILY FITNESS TIPS



1. Go sledding
2. Take a walk together
3. Play at a park
4. Go on a bike ride
5. Hula Hoop
6. Go roller or Ice Skating
7. Have a snowball fight
8. Go swimming or run through the sprinklers
9. Play tag
10. Play an active video game together (Wii-Fit, Just Dance, etc)
11. Take a hike together
12. Walk your pet together
13. Work out during TV commercials (jumping jacks, pushups, etc)
14. Choreograph a dance routine and video it
15. Make a fitness obstacle course in the back yard
16. Play “Simon Says” or “Follow the Leader”
17. Have a Fitness Scavenger Hunt
18. Play Catch
19. Have a water balloon fight
20. Have a jump rope competition
21. Play kickball
22. Participate in a fun-run (walk if you have to)
23. Visit a local kids park (Eifel Park, Happy Land, etc)
24. Build a hopscotch course on your sidewalk
25. Play Frisbee Golf

ONLINE FITNESS RESOURCES



www.getsweaty.com

A free website that provides daily workouts built for kids plus healthy eating tips and games

<http://kidshealth.org>

A wealth of health and fitness information for kids and parents

www.cdc.gov/bam

This “Body And Mind” website is Built for kids and provides fitness and nutrition tools to stay fit

www.superkidsnutrition.com

Tons of articles, recipes, and resources to help kids eat healthy

www.letsmove.gov

The First Lady’s healthy family website. Tools, links, recipes, and fitness resources for parents

SPANGDAHLEM FIT KIDS



A FAMILY RESOURCE FOR FITNESS

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Spangdahlem SOS*

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YOUTH PROGRAMS **452-7545**

Teen Program

- Cross country Skiing
- Football Camp
- Soccer Camp
- Bowling Camp
- Horseback Riding
- Geo Caching
- Mountain Biking
- Hiking
- BGCA Triple Play
- Healthy Cooking

Instructional Programs

- Gymnastics
- Dance

Youth Sports Programs/Camps

- Soccer (Fall/Spring)
- Flag Football (Fall)
- Cheerleading (Fall/Winter)
- Basketball (Winter)
- Baseball (Spring)
- Softball (Spring)

School Age Program

- Nature Hikes (weather permitting)
- Relay races
- BGCA Triple Play
- Summer Camp Activities



DODDS SEASONAL ***SPORTS PROGRAMS*** **06561-948-1100**

Fall

- Cheerleading
- Football
- Volleyball
- X-Country
- Golf
- Tennis



Winter

- Girls/Boys Basketball
- Cheerleading
- Wrestling



Spring

- Baseball
- Softball
- Track
- Girls/Boys Soccer



ADDITIONAL BASE ***RESOURCES***



Fitness Center (452-6634)

- * 13-15 y/o requires supervision
- * 16 y/o and up can come unsupervised
- Cardio/Weight Training Equipment
- Zumba
- Max-Fit
- Yoga
- Boot Camp
- Track (indoor and outdoor)
- Gymnasium for free-play
- Martial Arts classes

Health & Wellness Center (452-7385)

- Nutritional Counseling-Dietitian
- Fitness Counseling-Exercise physiologist

Outdoor Recreation (452-7170)

- Equipment/Supply Rentals For:
 - Camping
 - Skiing/snowboarding
 - Fishing
 - Biking
 - Various Sports

EDIS (452-8238)

- Toddler Developmental Play Group
- Fridays 1030-1130

Spangdahlem Base Chapel (452-6711)

- AWANAs Program (for ages 2-18)
- Sundays 1430-1730