

**WELLNESS PROCEDURE 5 – FAMILY FITNESS**

While the school district provides physical activities and education, total fitness must be incorporated in all outside activities and become a lifestyle habit. The school district encourages family involvement in all aspects of physical activity. The students are out of school over half of the year and the need to continue strenuous physical activity during this time is important to establish fitness as routine in the family activities.

An excellent way to establish a fitness routine is to plan activities for each season. Outdoor activities can be planned year round in this part of Idaho, walks, hiking, swimming, skiing, etc. The school district partners with Mountain Home Parks and Recreation to offer various activities for students and/or their families during the year. The school district encourages the family to sit with the student and discuss what they have learned about exercise and fitness in the district and how that information could be incorporated into a fitness program for the entire family. Get specific about what, when, and where these activities will take place and then check them off as they occur.

There are several websites that can provide information about fitness:

1. [www.webmd.com/fitness-exercise](http://www.webmd.com/fitness-exercise) discusses physical fitness, nutrition, and exercise
2. [www.sparkpeople.com](http://www.sparkpeople.com) offers fitness awareness, exercise programs and offers suggestions for various levels of exercise
3. [www.fitness.gov](http://www.fitness.gov) is the website of the President’s Council of Physical Fitness and discusses how Americans of all ages can be physically active
4. [www.fitness.com](http://www.fitness.com) offers fitness exercises
5. [www.usda/fitness/fitness-and-sports-nutrition](http://www.usda/fitness/fitness-and-sports-nutrition) offers comprehensive fitness and nutrition information
6. [www.americanheartassoc/activities/kids](http://www.americanheartassoc/activities/kids) gives suggestions for healthy activities for all children



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