



Being active with family & friends is a way to spend quality time together.

- **Walk the walk and talk the talk.** Go for a daily walk at lunch or after dinner. Discuss what's on your mind.
- **A family that plays together stays together.** Play tennis, softball, or yard games. Take part in community sports or fitness classes. Go for a family bike ride.
- **Explore to learn more.** Visit museums and zoos. Take vacations that involve walking tours or other physical activities, such as climbing, hiking, or bicycling.

Have fun. Get fit. Be well.