

# Kickstart



[www.bactivederby.com/kickstart](http://www.bactivederby.com/kickstart)

## b-active Family Fitness Plan

Use this family fitness plan as an example to help you create your own.

Make sure you include ideas from everyone. Make a four week plan and then review it together – agree what you enjoyed and include some new activities in your next four week plan.

Week 1	Suggested activities	Number of steps walked (where applicable)
Monday	Walk to and from school. Don't forget our pedometers. 20 minute brisk walk after the evening meal.	
Tuesday	Walk to and from school. Don't forget our pedometers. 30 minutes of family games - try Twister, Frisbee, hop scotch, skipping or disco dancing	
Wednesday	Cycle to and from school Take your dog or a friend's dog for a 30 minute brisk walk.	
Thursday	Cycle to and from school Games and activities at the park - try cricket, football, Frisbee or rounders.	
Friday	Walk to and from school. 30 minute swimming at local pool	
Saturday	45 minute bike ride	
Sunday	Family Fun Day Take a trip to a water park, a local adventure playground or the local tennis courts.	