

# Exercise ideas for families



If you need ideas for activities for your family, try some of these.

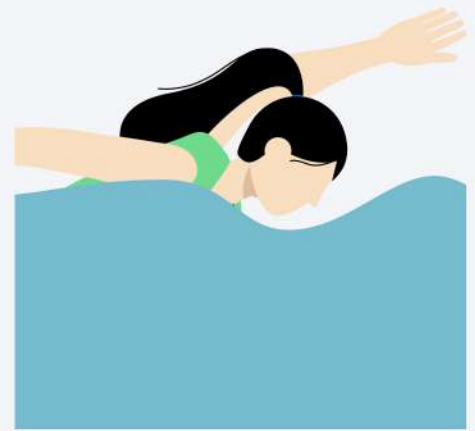


## Parkrun

Family events let everyone get involved

## Swimming

A fun opportunity to build up water confidence

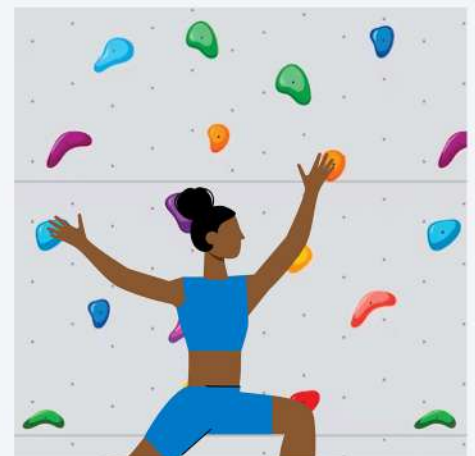


## Watersports

Hire a kayak or paddle board for an exciting way to exercise and chance to cool off

## Climbing

Great for building strength, with various skill levels



## Racquet sports

Indoors or out, rain or shine, a great way to get moving