You know you and your family should move more. Sometimes we forget how much fun it is to play. List the activities you and your family enjoy or would like to try. Use the list to help you plan activities on most days of the week.

**Outdoor Activities At Home**

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**Outdoor Activities Away From Home**

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**Indoor Activities**

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Did you know that moving more does not have to mean organized sports, being part of a team, or going to a gym? Activities can be as simple as taking a walk after dinner, playing in the park or dancing to your favorite songs.