

Healthy Active Lifestyle

Want to have a healthy lifestyle and stay active, but tired of your daily exercise routine? Try bringing together your friends and exercise together! Exercising with your friends makes you more accountable and less likely to skip a workout all while being enjoyable in the process.

Here are some fun, healthy options to do with your friends and stay active:

- Instead of getting the group together for your weekly Zumba or Pilates class, plan a weekend where you all go hiking before grabbing lunch at your favorite healthy restaurant.
- Attend different group fitness classes at the local gym or even in your community to meet new friends and people in your local community!
- Plan a weekend get-away where you and your friends go camping in the wilderness during the summer months, or learn to ski/snowboard in the winter months.
- Busy schedule and can't find time to take a weekend off? Instead of going to your favorite coffee shop with your friends for lunch, plan to go on a walk or jog and catch up on your friend's lives in a healthy active way!
- Love playing sports? Join a local adult league and play your favorite sport with friends and make new friends!
- Gather all of your friends on a sunny, summer afternoon for a cookout or BBQ and have fun activities planned such as beach volleyball or pick-up basketball.



There are so many options for you to be active in your daily routine and still have time for your friends! These options are only a few ways that you can spice up your workout regime, stay in touch with friends, and live a healthy, active lifestyle.



Activity Options:

- Brainstorm fun activities that the team could do together, then do the activity or plan for the team to do the activity on another day.
- Challenge team members to practice a healthy, active lifestyle throughout the week and discuss experiences the following session.
- Divide the team into groups and have each group present a fun, physically active activity the team does together during the session.

