

OPTIMAL
YOU

PUTTING FUN BACK INTO FITNESS



Fitness and exercise is usually seen as being a serious event and should be treated as such. While this is true, there should be an element of fun and excitement within exercise itself.

The fun aspect within exercise is typically done with outdoor games and activities, family game days, or sports/team related activities.

Put FUN back into Fitness!

- Play Freeze Tag (15 mins)
- Family Field Day events
- Take a dance or spin class
- Learn a new jump rope routine
- Do some outdoor yoga
- Take the pup for a walk

Do some of these activities and see how much you smile afterwards!

