The Balm In Gilead Inc

Sunday Morning Health Corner



Family Fitness: Healthy Fun for All Ages

Maintaining a healthy lifestyle requires more than annual doctor visits. It includes regular physical activity, balanced nutrition, and creating lifelong healthy habits with your family. Family health and fitness activities improve health, strengthen family bonds, and help cultivate lasting wellness routines that can be passed down through the generations.

Strengthening Family Bonds

When families exercise together, they cultivate experiences that bring them closer. Working together toward common fitness goals, like training for a charity run or learning a new team sport, teaches teamwork, patience and persistence. These experiences create lasting bonds and memories that extend beyond the activity itself.

Family exercise helps teach children to establish healthy habits early. It's also essential for mental health and disease prevention, helping to encourage long-term wellness. Exploring new ways to stay active as a group makes fitness more fun—the key is finding activities you enjoy.

Building a Healthy and Happy Environment

Create Screen-Free Zones: Take time to disconnect from technology to focus on family connection and conversation.
Open Communication: Create a relaxed environment where all feel safe sharing thoughts and feelings.
Explore Everyone's Interests: Tailor family exercise to suit the abilities and interests of all members, regardless of age or experience level.
Celebrate Milestones Together: Celebrate wins, big or small, to encourage each other and reinforce positive aspects of fitness.

Fun Family Fitness Activities

- **For Younger Children:** Dancing, skating, playing tag, or riding bikes.
- **For Teenagers:** More structured activities like basketball, soccer, or going for a run.
- **For Parents:** Gym sessions, group fitness classes, tennis, pickleball, or hiking.
- **For Grandparents:** Low impact activities like walking, swimming, or yoga.





The mission of **The Balm In Gilead, Inc.** is to improve the health of individuals who are most at risk for chronic and acute diseases by supporting faith and community organizations in areas that mobilize and strengthen their capacity to increase awareness in areas of prevention, treatmentand access to care through education, programming and advocacy. Learn more at **balmingilead.org**.

The Balm In Gilead supports your health journey. The content we share is for informational purposes only and is not a substitute for medical advice. Always consult your doctor or qualified healthcare provider. Additionally, any medical professionals contributing their general expertise are not providing personal medical care or forming a patient-provider relationship.