



fall family fitness bucket list

Fall is the perfect time to get outside & explore!

1. Visit a local state park and take a hike. Don't forget to pack a picnic!
2. Walk around your neighborhood or to your coffee shop for hot chocolate + cider.
3. Family game night with a twist; use a deck of UNO or playing cards and complete exercises based on the cards you pick.
4. Head to your local indoor pool for year-round swimming. We offer designated family swim hours at **acac**.
5. Run or walk a 5k together.
6. Toss a football in the backyard or organize a neighborhood flag football game.
7. Set a timer during TV commercial breaks and make time to stretch, do jumping jacks, or have a wheelbarrow race in the living room.
8. Introduce your child to the gym. At **acac**, children ages 9-12 are welcome to use cardio equipment with active adult supervision.
9. Visit a trampoline park or break out the jump rope for some old-fashioned fun.
10. Find a disc golf course or play frisbee.
11. Bundle up and head to a corn maze for a long walk and friendly competition.
12. Take a group exercise class together (ages 9+)! Visit **acac.com/group-exercise** to find a class everyone will enjoy.
13. Play ball! Channel your inner Michael Jordan for a family game of H-O-R-S-E on the driveway.