



Parents: Get Ready, Set, Fit!

Fast fit tips for the busy parent

Move While You Wait

Is one of your biggest excuses for not exercising the time factor? Start using the time you spend waiting at your child's sport practice *moving!* Not only is it good for you, but you are setting a great example for your kids and others around you.

Ideas to Get Fit in 30 Minutes!

There is a lot you can do in 30 minutes or less to improve your health and fitness. Invite other parents to join you for fun and motivation!

Ideas include:

- Walk
- Jog or Run
- Stretch
- Use exercise bands for strengthening
- Kick a ball around or play a game with other families who are watching
- Set up a circuit exercise course with the other parents who are waiting. Ideas include push ups, sit ups, jog in place, jumping jacks, etc. Most of all... HAVE FUN!



Advocates for Health in Action fosters and supports community efforts to make healthy eating and physical activity the way of life in Wake County.

Need a goal?

There are tons of fun walks and road races in our area to motivate you to work harder. For training programs and information on local races, visit AHA online at

www.AdvocatesForHealthInAction.org