

## **Healthy Lifestyles – Marshfield Area Coalition’s Healthy Top Five**

Healthy Lifestyles – Marshfield Area Coalition’s goal is to promote healthy eating and active living through community educational programs and events. Coalition members bring you the “Top Five”. Check out these creative tips to jump-start your activity and increase your fruit and vegetable consumption. Enjoy!

### **Easy Family Backyard Activities**

Now is a great time to get off the coach, be active and spend some time outside with your family! Here are a few ideas to get you started:

Jumprope Competition – Who can jump the longest without missing?

Soccer Dribble – Design an obstacle field using cones or other markers. Dribble around markers using a soccer ball and time who can make it around the obstacles in the fastest time.

Frisbee Horseshoe – Place two hula-hoops around the yard. Players try to get the frisbees in the inside of the hula-hoop. Keep track of your scores by giving 2 points for getting the frisbee inside of the hula-hoop and 1 point for getting the frisbee closest to the outside of the hula-hoop than any other player.

Hula-hoop Race – Place 3-5 hula-hoops around the yard. Players run to the first hula-hoop and must keep the hula-hoop up for at least 5 consecutive revolutions before proceeding to the next hula-hoop. The goal is to get to the finish line in the fastest time by completing 5 revolutions at each hula-hoop station.

Beach Ball Fun – How long can you keep a beach ball, or large balloon in the air? Each family member must hit the ball once within a cycle. Count how many times the ball has been hit.

And the list goes on... your family and you could play hopscotch, basketball, volleyball, or badminton. Have fun and create new games too!

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*To view article online, visit our Web site at [www.marshfieldhealthylifestyles.org](http://www.marshfieldhealthylifestyles.org).  
For more information about the coalition or to become a free member, contact the Marshfield Clinic Center for Community Outreach at 715-221-8400.*

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