

August is Family Fun Month

Go on a **Wellness Family Adventure!** Complete activities with your family members to see how many spaces you'll move on the board to reach the finish line. If you miss more than 3 days without completing an activity, go back 2 spaces. Good luck and have fun!



Move 1 space

- Make root beer floats
- Play hopscotch
- Go for a walk/hike
- Blow bubbles
- Play catch/frisbee
- Make paper airplanes & see whose flies the farthest
- Stargaze
- Find cloud characters & shapes
- Go for a bike ride
- Fly kites
- Play hide & seek
- Run through a sprinkler
- Play cards, a board game or charades
- Trace shadows (of yourself or toys)
- Complete a puzzle
- Get dressed up for mealtime
- Read a book

Move 2 spaces

- Complete the “Spell Your Name” Workout
- Watch a movie in your backyard
- Go to your local farmer’s market
- Play whiffle or kick ball
- Paint rocks with a positive messages
- Have a dance party
- Build a fort
- Go fishing
- Play mini golf
- Visit the library
- Take family pictures
- Identify plants & trees
- Enjoy a campfire
- Have a lemonade stand
- Go bowling (or create your own bowling at home)
- Send family card/letter to someone

Move 3 spaces

- Try a new recipe
- Make a craft or project (Some ideas: bubble snakes, glitter relaxation jars, homemade bird feeder)
- Go camping/take a vacation
- Spend time in a [Dane County Park](#) or visit your local park
- Take a trip to the zoo
- Host a family talent show
- Go geocaching (outdoor treasure hunt)
- Go swimming/splash pad
- Attend a baseball game
- Volunteer or give back (Ex. Go through old clothes/toys to donate)
- Review & complete the [Special Play](#) REAL Goal

Spell Your Name Workout

A Hop on one foot 10 times

H 15 Burpees

O Crawl like a crab for 15 seconds

V Skip around for 20 seconds

B Run to the nearest door & back

I 10 Push-ups

P Roll a ball using your head

W 20 Calf raises

C 30 Second plank

J Flap your arms like a bird 25 times

Q 30 Jumping Jacks

X Hop like a frog 8 times

D 20 Arm circles

K Gallop like a horse for 30 seconds

R 10 Side leg lifts

Y 20 Elbow to knee touches

E Hop like a bunny 20 times

L 15 Toe touches

S 40 Second wall sit

Z Walk sideways 20 steps & hop back

F Balance on each foot for 15 seconds

M 10 Lunges

T Walk like a bear 20 seconds

G Pretend to jump rope for 30 seconds

N 10 Squats

U March in place for 15 seconds

For questions or more information, please email DHP.Health@deancare.com

©2022 Dean Health Plan, Inc. and Dean Health Insurance, Inc Members of SSM Health. All rights reserved. We do not recommend, endorse or make any representation about the efficacy, appropriateness, or suitability of any program, training, or activity eligible for points under the Living Healthy program. Such programs, trainings, and activities are not intended to be a substitute for professional medical advice, diagnosis, or treatment. If any individual has or may have a medical or psychological condition, they should consult a medical professional before beginning any programs, trainings, or activities.