



Gather Everyone Together

A Family Engagement E-Letter from the ADAMHS Board Prevention Project

ISSUE 2: GET MOVING

As society makes this temporary shift to the virtual world, it's important to remember that staying physically active has a positive impact on our mental and emotional health. If you and your family are finding yourself spending less time moving and more time sitting, be sure to schedule time every day to do something that requires you to move your bodies. This issue brings you information and ideas to support daily physical activity and stronger relationships with those most important to you. So gather everyone together and **GET Moving!**

Move Together as a Family

Research shows that when we move, act, and interact, we can change the way the brain works and improve our overall wellbeing. Movement can decrease the chances of developing many physical and mental health conditions such as diabetes, high blood pressure, depression, and anxiety. But most importantly, it's fun!

Start today with any (or all!) of the following ways your family can get moving together: go outside and walk, skip, hop or jog, toss or kick a ball around, do cartwheels and somersaults, throw a frisbee or have a hopscotch contest. If it's cold or rainy, stay inside and teach your kids some of those silly wedding dances: chicken dance, hokey-pokey, bunny hop, Macarena, electric slide or boot-scootin' boogie. Learn a little history by bringing back some "old school" dances like the Twist, Locomotion, the Pony or the Jitterbug. Trigger your creativity by making up a family dance! Either way, you're giving your minds and bodies what they naturally crave while encouraging self-expression and learning.

Make it a daily celebration by adding "Move!" to your schedule and set timers to remind you. Encourage participation by taking turns picking the activity. Whatever you choose: it doesn't have to be athletic and it doesn't have to take long—just get your household moving!



Find Solutions Together



W T H O U S E H O L D P L B C
 E L Q D E V L O V N I H Y E E
 T N E M U R T S N I D U I V G
 S Z F I R L A T N E M O W O A
 A D O N Z L Z P D O I N G R R
 C Z N D V A H K I W V A S P U
 T G N I C N E I R E P X E M O
 I I L V M O V I N G P Y I I C
 O N Y I K I S G Q E H R T H N
 N T L D B T Y O N H Y O I E E
 N E E U U O D J R Q S M V A B
 C R E A I M O G X F I E I L I
 Y A R L L E B O J Y C M T T K
 C C F S D E R E H T A G C H E
 V T E V E R Y O N E L M A M B

ACTION	HOUSEHOLD
ACTIVITIES	IMPROVE
BIKE	INDIVIDUALS
BODY	INSTRUMENT
BUILD	INTERACT
DOG	INVOLVED
DOING	JOG
EMOTIONAL	MEMORY
ENCOURAGE	MENTAL
EVERYONE	MINDS
EXPERIENCING	MOVING
FREELY	PHYSICAL
GATHER	
GO	
HEALTH	

Move with Nature

Walking in nature is a great way for all ages to **GET MOVING!** Involve all your senses by finding things from the following list.

Sight

- A family of animals
- A nest or animal home
- Something in each of your favorite colors, something shiny
- Something far away or up close

Smell

- Something that smells fresh, floral, sweet, minty, strong, unusual, earthy.

Touch

- Identify things (safely) that feel rough, smooth, moist, dry, fuzzy, soft, hard, cold, warm, spongy

Sound

- Listen as you walk and pick out something loud, quiet, repetitive, musical, natural,

Taste

- Air, raindrops, snow