

# FIT Families



Helping You Unleash Your Energy & Capacity

## THE VISION FOR FIT FAMILIES

By focusing on **Modeling, Environment, Expectations, Activities, Events,** and **Habits**, families create a culture where a healthy lifestyle is fun! This culture promotes health, connection, and resilience and produces thriving parents and children. It's not about perfection; it's about progress and building a legacy of wellness.

Creating a **FIT FAMILY** requires intentional steps to prioritize health, fitness, and well-being as a family unit. Drawing from personal experience, the science of success, and tips from other fitness experts, here are my top 10 ways to create a **FIT FAMILY CULTURE**:

### 1 Lead by Example

**Why:** Children mimic their parents' habits. Show them that fitness is a priority.

**How:** Stay active, make healthy food choices, and maintain a positive attitude toward exercise.

### 2 Make Fitness Fun

**Why:** Fun activities encourage consistent participation.

**How:** Play games like tag, go biking, jump on a trampoline, or enjoy family-friendly sports like soccer or basketball.

### 3 Establish a Routine

**Why:** Consistency creates long-lasting habits.

**How:** Schedule daily or weekly family fitness time, such as evening walks or weekend hikes.

### 4 Cook and Eat Together

**Why:** Involvement in meal preparation builds healthy eating habits.

**How:** Plan balanced meals, experiment with new recipes, and educate kids about nutrition.

### 5 Limit Screen Time

**Why:** Excessive screen time leads to sedentary lifestyles.

**How:** Set screen-time limits and encourage active alternatives like outdoor play.

### 6 Compete Together

**Why:** Participating in events together builds family unity and gives fitness purpose.

**How:** Train for a fun run, 5k, Marathon, or Spartan Race! Compete for daily number of steps, or complete a fitness challenge together.

### 7 Get Outside!

**Why:** Nature boosts physical, mental, spiritual, and relational health.

**How:** Explore parks, go camping, or take nature walks to connect with the environment and stay active. And don't worry about the weather...get out there – rain, snow, or shine!

### 8 Create a Home Fitness Space

**Why:** Makes exercise convenient and accessible.

**How:** Set up a small area with resistance bands, yoga mats, and free weights for family workouts.

### 9 Celebrate Progress and Milestones

**Why:** Reinforces commitment and keeps motivation high.

**How:** Acknowledge achievements with rewards like a family outing or a new fitness gadget.

### 10 Emphasize Mental & Spiritual Fitness

**Why:** Physical health is tied to spiritual and emotional well-being.

**How:** Practice gratitude to reduce stress and improve focus.

By embedding fitness into family culture, these steps help foster lifelong habits that promote health, happiness, and connection for everyone.



## FIT FAMILY CHECKLIST

Use this checklist to ensure your family stays on track toward a healthier, more active lifestyle.

### Daily Habits

- Parents model healthy eating and regular exercise.
- Engage in at least 30 minutes of physical activity together.
- Prepare and eat at least one meal as a family.
- Limit screen time and replace it with active play.
- Include mindfulness or stress-relief practices (e.g., deep breathing or gratitude journaling).

### Weekly Goals

- Schedule a fun family activity like hiking, biking, or playing a sport.
- Try a new healthy recipe as a family.
- Spend time outdoors in nature regularly.
- Track progress toward a shared fitness goal (e.g., steps, active minutes, or distance).
- Celebrate milestones with a non-food reward, like a trip to a park or a new fitness accessory.

### Monthly Checkpoints

- Reassess family fitness goals and adjust as needed.
- Compete monthly together – put events on the calendar.
- Plan a special active outing (e.g., fun run, trampoline park, or kayaking).
- Introduce a new exercise or game to keep things exciting.
- Review screen-time habits and make improvements if needed.

### Long-Term Practices

- Establish consistent routines for physical activity and healthy eating.
- Encourage everyone to participate in fitness planning and decision-making.
- Stay educated about nutrition and fitness trends.
- Keep communication open about the importance of health and well-being.
- Build a family culture where fitness is fun, rewarding, and a shared priority.
- Ensure the home fitness space is inviting and functional.



#### TIP

Print this checklist and display it in a common area, like the fridge, to keep everyone accountable!

### **Jimmy Page, Founder – Be Unstoppable Elite Performance**

25+ years executive level / organizational leadership experience.

- Trained 100k+ in health, fitness, leadership, culture, and elite performance.
- 150+ Corporate Clients including NFL, NASCAR, NCAA, Microsoft, Keller Williams, Barnes Jewish Hospital, YMCA, Intel, US Naval Academy, State Farm, US Foods, ABC Financial, Walmart and more.
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