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Your Health Journal

By Len Saunders – Health, Fitness, Nutrition, And Wellness

Healthy Tip # 105

Posted on [January 14, 2013](#)

Welcome to the category of my blog simply called '**Healthy Tips**.' Many times, when I write articles for various publications, I need to find sources for the story as seen in Yahoo Shine ([click here](#)) or PBS ([click here](#)) about staying healthy. I was looking for experts and non-experts to chime in and give their favorite 'tips' to help kids and adults lead a healthy lifestyle.

The feedback for various stories was amazing. The sources had some fantastic point ignored, and I thought their opinions should be viewed on the **Your Health Journal**

ew that could not be ite.

So, enjoy my new series, with some 'great' insight from some 'great' people giving e points of view.

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— Healthy Tip From Lisa Suriano

The importance of families exercising together

Healthy behaviors are learned as part of our family culture. If as children our families value physical fitness, we will grow up making exercise a priority in our adult life. This is a great gift we can give to our kids.

Suggestions / creative ideas to get families to exercise together

Just dance! Turn on the radio or pump up some fun songs on your iTunes to rock out together as a family. Jump around, do a shimmy, shake your limbs and let the giggles ensue. With minimal effort you can burn some calories and have a super fun, spirit-lifting family time.

Reasons why families are not exercising together as much in our modern day era

Our lives are so overwhelmed with work and school responsibilities. In addition, we are surrounded by electronic distractions that keep us entranced and sedentary. Whenever possible, we need to find ways to sneak in physical activity as a family.

- Lisa Suriano, nutritionist and founder of the [Veggiecation](#) Program

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