Get Up & Move!

Family Activity

Series 2: October

Hiking

Just as important as it is for families to enjoy meals together, it is also important for families to make time to be active together. This might include taking a walk around the block after dinner, riding bikes in the neighborhood, playing catch, or raking leaves in the backyard. Instead of watching TV or playing on the computer, try taking a 20-30 minute break on most days to do something active as a family!

This month your family can be active and enjoy the fall weather by taking a nature hike together. Before you plan a nature hike, get information about potential sites from local park and recreation districts, national wildlife refuges, state and national parks and private landowners. You should plan the difficulty of your hike based on your family’s physical fitness level.

Make sure to dress appropriately for your hike. Although it is October, it’s still important for your family to wear sunscreen, hats, and to take water bottles on your hike. You might also want to take a compass and a map of your trail if you need guidance, and a first aid kit. Your family should also take a cell phone on the hike. Make sure that your family is comfortable with the length and difficulty of your chosen hike.

When your family is hiking remember to follow this code of ethics:

- Don’t litter; pick up litter left by others.
- Stay on the trails; avoid shortcuts.
- Respect wildlife; don’t disturb animals or their homes.
- Close gates if you open them.
- Ask permission before hiking on private property.
- Leave the area as you find it.

As you are hiking, you might want to practice using your senses. Your family can do this by using the Moving into Nature Scavenger Hunt List at http://www.4-h.uiuc.edu, under October in Series 2. If you choose to do the scavenger hunt, make sure not to pick up anything in nature, unless it is litter. As you are learning more about nature you are also getting great physical activity. Make sure you remember to record the time you spend hiking as physical activity minutes on your October calendar.