

10 Fun, Fresh Ways to Work Out Together as a Family

Hop off your treadmill and into your kid's world.



By [Michael O. Schroeder](#), Staff Writer | March 22, 2018, at 9:00 a.m.

Yoga for the whole family.

The perks of [yoga](#) range from helping with [stress management](#) and reducing anxiety to improving sleep. And it's not just adults who stand to benefit: Kids are increasingly being invited to join in, with classes tailored to young children. "Parents really recognize that their kids at every age and



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every stage are growing up in a really stressful, highly competitive environment that just becomes moreso the older their kids get," says Alexandra De Collibus, founder of Sweet Pea Yoga in Southborough, Massachusetts. She teaches parent-child yoga classes for babies through age 5 and "drop-off" kids yoga classes for children ages 5 to 14 years. Flexibly, families wanting to strike a pose together can do so in a class or at home.

SLIDESHOW

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Participate in a fitness event that doesn't feel like one.

There's no shortage of options from [zombie-apocalypse-themed runs](#) to The Color Run, aka "the Happiest 5k on the Planet" – "where they shoot all kinds of crazy colors at you and you end up like a rainbow at the end," says Dena Snyder of Hopkinton, Massachusetts,



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speaking from experience participating with her family. It's all about making exercising relaxed and playful, adds Snyder, the mother of 6- and 9-year-old daughters, Phoebe and Ella, who she's taken to yoga classes taught by De Collibus since participating in the parent-child classes De Collibus offers, as well as practicing yoga herself. That means meeting kids where they are – like running and walking with them (as Snyder does with her younger daughter) as needed.

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