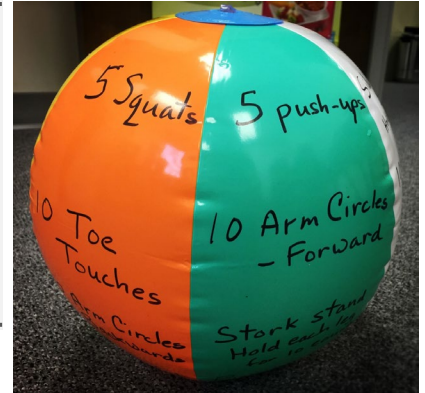


DIY FitBall: A Fun Fitness Activity

Article written by Kayla Colgrove, MS, RD (kayla.colgrove@unl.edu)

Families who are active together, get healthy together. Children need 60 minutes of physical activity per day while adults should aim for 150 minutes per week. The most important thing to remember is to make physical activity fun! To help get everyone moving and sitting less, play this fun fitness activity, called FitBall. It is easy to play since it is like the hot potato game and uses little equipment. All ages will enjoy playing this fitness activity!



How to Play FitBall:

Supplies:

- DIY FitBall
- Music on a device and speakers to play the music
- DJ – A person in charge of starting/stopping the music during the game.

Directions:

1. Participants arrange themselves in a circle.
2. The DJ starts the music, and participants will hand or toss the beach ball from one person to the next while the music is playing.
3. When the music stops, the person holding the beach ball picks the activity closest to his or her right thumb for the group to perform. Make sure everyone has the appropriate space before starting the activity.
4. Return to your group circle and continue playing the game as time allows.

Additional Tips:

- If an exercise is chosen that has already been done during that activity, the participant can select the closest exercise that has not been completed.
- Participants will be tempted to hit the ball like playing volleyball and may cause the activity to become louder due to everyone getting excited. If you would like a calmer game, instruct participants that they cannot hit the ball.

Source: [Move Your Way](#), U.S. Department of Health and Human Services

DIY FitBall:

1. Air up a 12-inch beach ball.
2. Using a permanent marker, write 3 to 4 fitness activities per color panel.
3. Modify or change activities as needed depending on the ages of the participants.

Need fitness activity ideas?

Check out the list of activities at <https://go.unl.edu/fitball>. For younger kids, use activities such as jump like a frog, hop like a bunny, or walk like a penguin.

Family Fun on the Run is a monthly newsletter designed to help families add physical activity to their already hectic schedules.

For more information, check out Family Fun on the Run:

<http://go.unl.edu/familyfun>