



10 Outdoor Activities for Family-Friendly Fun

Perhaps you feel like your family has been spending too much time indoors lately, and you're concerned about how it might be affecting your children's wellbeing. If you're near the [City of Hazleton](#), you can enjoy outdoor fun thanks to the local parks and recreation department! Exercising outdoors will help your family stay fit, get in touch with nature, and allow you to break bad screen time habits for your kids. Here's how to experience the outdoors as a family, from strolling around your neighborhood to going for bike rides.

Backyard Games

You don't have to go far for your kids to exercise outdoors. Just make the most of your own backyard!

- Assemble a basic basketball hoop, and [get competitive with some of these](#) games.
- Jumping rope is a fantastic exercise for kids. [Try these tricks to](#) get their blood pumping!
- [Follow these steps to design](#) an outdoor obstacle course for your kids.
- Yes, your backyard trampoline [can provide a great workout](#) with the right moves!

Get Some Fresh Air

Even if your children aren't too enthusiastic about backyard games or sports, there are other ways to enjoy some fresh air as a family.

- Look into local parks or programs [that are hosted by](#) your city's parks and recreation department.
- Go for daily walks as [part of your family routine](#).
- Bring your yoga mats onto your porch or lawn, and lead your kids [through these easy sequences](#).

Explore the Outdoors

By introducing your children to activities like hiking and swimming, you can cultivate their curiosity about the world around them.

- [Lace up your sneakers](#), pack some water and granola bars, and hit the hiking trails as a family!
- [Take your kids to an outdoor pool](#), a lake, or the beach and go for a swim together.
- Hop on your bikes and [take a ride around](#) your neighborhood.

Exercising outdoors provides a myriad of benefits. Furthermore, plenty of physical outdoor activities don't even feel like exercise! By trying some of these suggestions, you and your children can have fun going for walks, swimming at nearby lakes, playing in your backyard, and more.

Want to find fun outdoor activities in your area? Turn to the [City of Hazleton!](#) Browse our website today to learn more about our parks and recreation offerings.

Photo via [Pexels](#)