



# Being Active: Family Activities: Websites and links

- NHS Better Health: Healthier Families: Activities, from fun 10 Minute Shake Up games to information about active hobbies and sports, everything you need to get your family moving <https://www.nhs.uk/healthier-families/activities/>
- NHS Better Health: Healthier Families: Sports and Activities, sports and active hobbies are a great way to get moving, which is really good for everyone's physical and mental health. <https://www.nhs.uk/healthier-families/activities/sports-and-activities/>
- The Hiking Household: Family friendly walks in Cumbria <https://thehikinghousehold.com/>
- Online PE Sessions from the Body Coach Joe Wicks, a family favourite during lockdown! <https://www.thebodycoach.com/blog/pe-with-joe>
- Walking Workouts in your living room. A fun way to get some steps done in your living room when the great British weather lets us down!  
<https://www.youtube.com/channel/UCVI6ZdsIZz2Zj-34bMJFPbg>