



## 3 Cool Ways to Celebrate Earth Day with Your Family

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Teaching your kids how to be kind to the planet is a great way to celebrate Earth Day this year. Personal trainer [Jessica Cummings at BodyScapes in Brookline, Mass.](#), agreed, "Earth day is the perfect opportunity to [slate outdoor workouts](#), learn how to garden, and even create obstacle courses using natural elements around your neighborhood." Here, Cummings offers leisure time fun-and-games designed to nurture Mother Earth and give you a fresh start for spring!

### Backyard Obstacle Course

Line up several activities around your block to create natural stations for every member of

your family, and perform one activity at each stop moving as quickly as you can, one family member at a time. (Time yourselves if you're feeling competitive!) Run to a tree and do 20 jumping jacks. Side shuffle to a specific plant (or fence, etc.) and do 20 push ups. Run backwards to an area where pine cones are set up and hop back and forth over them, one foot at a time. Carry a bucket of water to a patch of grass that needs to be watered. Empty the bucket, run back to the hose, and fill the bucket for the next person. Skip to where you started and do 20 sit ups.

### Hold a Family Sports Day

In order to [maintain strong family bonds](#), it's important to teach children that being active and healthy is imperative to improving the quality of life. Go to a neighborhood park or playing field and bring several fit tools: A Frisbee, a jump rope, a football, a soccer ball, baseball equipment, etc. "Take turns choosing one sport and play for 20 minutes, then move to another," said Cummings. "Allow each member of the family to create rules and lead the game of their choice."

### Plant an Herb Garden

Get the whole family involved with [turning up the soil](#), [shoveling](#) and hoeing the backyard before planting. Here are several other activities that can help clean up your yard and blast mega-calories:

Rake and bag leaves, and start a leaf fight with the neighbors.

Weed and dig holes for seeds and smaller plants, then water them.

Make a bird house out of glue and Popsicle sticks, then go bird watching with a pair of binoculars.

Donate your time to clean up a local park and make your 'hood a safer place to play.

Check here for more super-fun [outdoor workout ideas to celebrate Earth Day!](#) Do you have a favorite way to celebrate Earth Day with your kids? Let us know in the comments.

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