

## Active Lifestyles

5 Super Fun Ways To

# Enjoy An Active Staycation

Going Green:  
Simple Steps for  
N.C. Families

Are you staying around town this year instead of taking your usual vacation? If you do, you'll be in good company! Millions of families have found that staying close to home saves money, reduces stress and provides plenty of active fun for everyone!

### Get soaked at a spray park

- ▶ Many communities have new public facilities just waiting to be discovered, like spray or water parks. Make it a full-day adventure. You could walk or bike to and from the park. Pack a picnic with plenty of fruits, vegetables and whole grains. Be sure to bring lots of refreshing ice water. Pack non-water toys too (balls, jump ropes, Frisbees®, etc.) for some variety in your activity.

### Set up a scavenger hunt

- ▶ The possibilities are only limited by what your family can dream up! The items to be found can be real or just a picture of something. They can be simple like a rock or complicated like a fossil. The list can also be as long or as short as you like. Need a few ideas to get your creative juices flowing? Look at the Scavenger Hunt instructions at [www.hud.gov/kids/scavhunt.html](http://www.hud.gov/kids/scavhunt.html).

### Explore a local trail map

- ▶ This one could take a day or a week. It just depends on the extent of the trail system in your area. Explore all the trails in a town. Check out nearby historical sites, greenways and county parks. Let each family member pick the trail-of-the-day. Plan a healthy picnic to keep you going on your adventures. Be sure to take plenty of silly family photos to record the memories.

### Dance under the stars

- ▶ Nearly everybody, from seniors to toddlers, likes to move to music. It is especially nice to be outdoors. Check the local paper for music festivals with dancing in your area. For a list of festivals across North Carolina, go to [www.southfest.com/northcarolina.shtml](http://www.southfest.com/northcarolina.shtml). If you can't find what you want, plan your own block party with CDs and dancing for all ages.

### Go for the gold with backyard Olympics

- ▶ This could take an afternoon. It could also last a week with different games in different places around your neighborhood. People can enter as individuals or as family teams. The types of events are unlimited. Maybe you'd like to include the 25-yard lawn crawl, a water balloon toss, a tug-o-war or a limbo contest? There are also those "real" Olympic sports, such as soccer, tennis and ping.