

The Family That Plays Together Stays Together

By Joy Supplee of [Custom Fit Nutrition](#)

Joy gives an idea on fun physical activities that can fit into a busy schedule while incorporating your friends & family.

We're always hearing that we need to get more exercise but our busy schedules seem to get in the way. Gym memberships can be a great motivator for some but can be difficult to maintain over time. And what about time with your family or significant other?

Here's an idea to promote both a healthful lifestyle and time with your loved ones: consider purchasing a Wii Active or Fit system or even a used Play Station II system with Dance Dance Revolution for a lower cost option. These are video game systems that you can use for either personal workouts or fun physical games & competition with your loved ones. And many video game stores will offer refurbished models at a lower price that even come with warranties.

It won't matter what the weather looks like outside, you won't have to drive anywhere and you will be spending quality time with your loved ones and having fun as well as improving your health! How can you beat that?