

The ACTIVE Family Club (AFC) program provides families and children with the opportunity to learn and put into practice healthy fitness and nutrition concepts. Each class includes an interactive nutrition lesson and a series of fun, physical activity-based games, challenges, relay races, and obstacle courses. Ultimately, the AFC helps all members of participating families to live healthy, active, lives. ACTIVE Family Club class activities align directly with a significant percentage of the Physical Education and Health TEKS (Texas Essential Knowledge and Skills) for grades K-5. The curriculum matches up with the National Standards and Best Practices for Physical Education as well.

ACTIVE Family Club Nutrition/ Health Topics

- Food Labels
- Serving Sizes
- Reasons for Eating
- Importance of Water
- Benefits of Healthy Eating
- Breakfast
- Fast Food Options
- Planning Meals
- Small, Frequent Meals
- Fiber
- Stress Management

The physical activity component of the AFC provides families with an opportunity to participate in strength, cardiovascular, flexibility, coordination, and balance exercises while having fun. The activities range from parents versus children, to family versus family.

ACTIVE Family Club Physical Activities

- Bailando (dancing)
- Fitness and Nutrition Simon Says
- Team Handball
- Scarf Tag
- Monkey Roll
- Bean Bag Buildup
- Bushels of Bananas
- Water Walk
- Challenge Stations
- Find the Flag
- Gentle Bowling
- Hoops Heroes
- Ant Rain Assault
- Funky Pose Tag
- Healthy Meal Scavenger Hunt
- Power Protein Relay