



Dance Party

Get your groove on

Goal: Organize a weekly family dance party.

[Tip]: Have each family member choose a song. For a longer dance party, play them all. For a shorter dance party, play one per week.

Why is this important? Finding creative ways to stay active is important for health and wellness. Exercising regularly can help boost daily energy levels.

References: Mailey, E. L., Dlugonski, D., Hsu, W.-W., & Segar, M. (2018). Goals Matter: Exercising for Well-Being But Not Health or Appearance Predicts Future Exercise Among Parents. *Journal of Physical Activity & Health*, 15(11), 857–865. http://search.ebscohost.com.uwinnipeg.idm.oclc.org/login.aspx?direct=true&db=s_3h&AN=134277000