Email #2

Complementary Blog Post: 5 Reasons to Make Exercise Important in Your Life

Subject: What are Exercise Day Trips?

Hi [firstname],

Over the week people spend time at work, but then the weekend comes and it is time to get out and have some fun. Some weekends will be spend taking the time to relax or puttering around the house working on your to-do list, but another idea would be to take your family on an Exercise Day Trip.

What Is an Exercise Day Trip?

This could be anything that involves being active most of the day. You pack a lunch, get a backpack ready and head out for the entire day.

What you do will depend on where you live, but it could involve the following:

1.Bike Riding

Riding a bike has so many health benefits and can be fun to get out in the weather and let the wind blow through your hair. Plus there are so many different options when you decide to take your bike out. You could check out your local neighborhood, the parks in your area, trails in your city or be adventurous and go to the next town over.

Take your bikes up to the mountain and get the fresh mountain air up there as you zoom down the hill. You can also load up your bikes and head to the beach for the day. Talk about a day of fun.

Your family will enjoy the outdoors, as well as spending time together.

2. Go To the River or Lake

Find something fun to do on the water. This could include so many different activities like kayaking, white water rafting, swimming, boating or water skiing.

Make sure you’re safe and take life jackets, but trying something different will bring the family together and they’ll talk about it for years to come.

3. Hiking

Another Exercise Day Trip idea would be to go hiking. Research local hikes and pick the ones that are easy when you first get started. Involve your family to see what appeals to them during their first hike.

Once you start hiking regularly, you’ll be able to go on different types of trails with different difficulty levels. Your kids will get the exercise they need and learn a lot about nature while you’re out in the forest.

If you’re interested in reading why it is important to make exercise an important part of your life – check out the blog post that is on the site:

LINK

The entire point of having an Exercise Day Trip is to be physically active most of the day and have fun while you’re doing it. The list above is not an all inclusive list of all the activities that you can get out and do – it is more of a short example.

Brainstorm some ideas and then get your family outside and exercising. You will discover that the entire family will start looking forward to these Exercise Day Trips. Although you might want to call them something else!

[sign off]