Fun Outdoor Activities For the Family On Thanksgiving

Hello [[firstname]],

The latest blog post was called ‘Why You Should Consider Doing a Turkey Trot With Your Family’ and discussed the popular fun run often done for this holiday.

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When Thanksgiving is coming up, you might be concerned about eating all that food and not being able to burn the calories. Outdoor activities allow you to have more family time during the holiday, while also improving your health in the process.

**Turkey Trot or Fun Run**

Many cities and towns will have their own type of fun run or 5K on Thanksgiving or shortly before the holiday. This allows you to get your family together to enjoy the run, possibly help a local charity, and be a part of your community at the same time. It is also good motivation to get regular exercise before the run since you will be training to walk or run it if you are not accustomed to this type of exercise.

**Pumpkin Ring Toss**

If you have some pumpkins with stems, put them in your yard and have a fun ring toss game. This is not only enjoyable for everyone at the holiday dinner, but you don’t have to go anywhere to do it. Remember you can do this with pumpkins you find at the craft store, which ends up saving money and doesn’t leave you with a bunch of pumpkins to do something with. Get some plastic rings that everyone can throw around the stem of the pumpkin and offer a prize to the winner.

**Turkey Hunt**

This is a super simple game that gets everyone active without requiring too much work. What you want to do is take construction paper and cut out turkey shapes using a stencil. Get a good amount of them you want your guests to find. If the weather is warm, hide them places in your backyard. Otherwise, hiding them inside your home is fine. When the turkey hunt begins, everyone goes around to find the turkeys, but has to bring them back to you one at a time. This is where the exercise and challenge really takes place. Even if they see two, they have to leave the other, run to bring the first to you, then run back to grab the second one if it is still in the same spot.

Keep following our blog to learn about activities and meals for Thanksgiving.

[sign off]