Staying Active and Healthy in Bad Weather

A message from Liberty Mutual Insurance

It can be tough to get your kids motivated to be active when the weather isn’t cooperating. There are plenty of options you have as a family to keep the blood pumping during snowy, cold and rainy days.

The Great Indoors

Sometimes, being stuck inside can feel like a bit of a bummer, but there are a lot of ways to keep things lively indoors. Visiting a local ice rink or bowling alley are two great options for some family fun. There are also indoor facilities at which you can enjoy indoor sports like soccer and tennis, or even kid-friendly gyms.

Over the past several years, activity centers catering to families have popped up all over the country, such as trampoline parks and large inflatable playgrounds. Indoor malls are a great place to go during bad weather, too. You can walk for hours and knock some things off of your to-do list.

Back at home, it could be as simple as throwing on some fun music and having a family dance party. Just create a playlist and let the good times roll. If you’re not in a dancing mood, find some exercises that your kids can do and have a light workout. There’s a wide variety of family-friendly videos to follow online or on demand.

The Great Outdoors

If you’re up for venturing out, and the weather permits, enjoy the best snow has to offer. You can visit the local park for some snowball fight fun. You can also head to a local slope and teach your kids how to ski or snowboard.

If your area has an outdoor skating rink, you can take in some fresh air with a family skate or a casual game of hockey. Zoos are another option that many people don’t think about during cold weather, but are worth visiting during the off season to avoid large crowds.

And if you’ve had enough of the bad weather, why not take a last-minute trip somewhere warm and sunny. The kids will have more opportunities to stay active, and you’ll enjoy quality time together as a family.