



Be Healthy, Be Active, Be Inspired



## An active family both indoors and out

Picabo Street is not only an Olympic gold medalist, she's a mom in search of balance between family and exercise. As a professional athlete, Picabo's job included daily workout routines.

Now, she keeps herself and her family active inside and out — without using the word exercise.

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[libertymutual.com/bewellforlife](http://libertymutual.com/bewellforlife).

### Outdoor activities:

- Simon says
- Hide-and-peek
- TV tag
- Hopscotch
- Capture the flag
- Playground fun

### Indoor ideas to stay active:

- Plan 'bored' activities ahead
- Jump into an interactive video game
- Read a book together
- Create a chore list
- Play board games
- Learn with word and number games

be active tips

\*It is not the intention of Liberty Mutual Insurance to provide specific medical advice, but rather to provide information for people to better understand their health. You should consult with your doctor about specific medical questions and before starting an exercise program, especially if you have not exercised in a while.

