



Be Healthy, Be Active, Be Inspired



Managing Family Fitness

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 a rigorous workout schedule. Now, she incorporates fitness into her family routine.

So how does she incorporate this into her busy family life? Picabo shares the importance of being active and tips for making time for fitness.

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Personal exercise:

- Put a fitness routine on the calendar
- Create a space at home for fitness
- Find a workout buddy
- Celebrate success
- Make a plan that you can stick to
- Ask for help

Family exercise:

- Be the example for your family
- Adapt activity based on age
- Make exercise a learning opportunity
- Tap into their sports passion
- Make it fun

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.

