



## Ideas to help you get moving with your kids



### Family Adventures

As parents we want to create a memory bank for our children, filled with fabulous memories which as a family we can all enjoy dusting off, re-remembering and enjoying all over again. The best memories are the adventures that take you all out of the daily plod of home-school-work-home. We have some ideas for you.

#### 1. Swimming with a difference

If the local chlorine-filled swimming pool feels too tame, why not up the ante by taking the family swimming in a lake, river or even a waterfall? Online you can explore all the best outdoor swimming locations throughout the UK.

#### 2. Camping under the stars

Give your children a taste of a proper Swallows and Amazons childhood by going camping. From foraging for firewood to telling spooky stories around the fire, camping is an idyllic part of childhood. Make sure you bring a fire pit (collapsible ones pack away brilliantly) and marshmallows aplenty. If your children are tweens/teens, they'll love a family-friendly festival.



#### 3. Zip wires

There is nothing more exciting than hurtling at high speed down a zip wire, shrieking at the top of your voice. For a truly adrenaline-fuelled day, you could head to Zip World in North Wales, where two riders can reach speeds of over 110mph, at 500ft high! There's also a four-person ride and zip wires in old slate caverns.

#### 4. Skydiving - inside!

If your children are too young to be jumping out of a plane, a trip to an indoor skydiving centre is the next best thing. Some venues in the UK have wind tunnels, offering an indoor sky diving experience with wind speeds reaching 165mph!



#### 5. Body Boarding and Surfing

Surfing is a fantastic thrills and spills sport for the whole family. Children have an advantage because they tend to be more agile – and obviously they have a lower centre of gravity. Wales and Cornwall have the best beginner beaches – make sure they have a Blue Flag which means lifeguards are on patrol - and most surf centres offer beginners and family sessions. If you want the thrill of the waves, without bothering to master the skill of surfing, then body boarding is perfect.

#### 6. Mountain hiking

Tell your children you're going for a walk and you'll probably be met with rolled eyes and a loud protest. Tell them "we're going to climb a mountain" and you may well see their eyes light up! Mountains are the stuff of myth and legend and the UK has a lot of them - from Snowdonia in Wales to Goat's Fell on the Isle of Arran.

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