

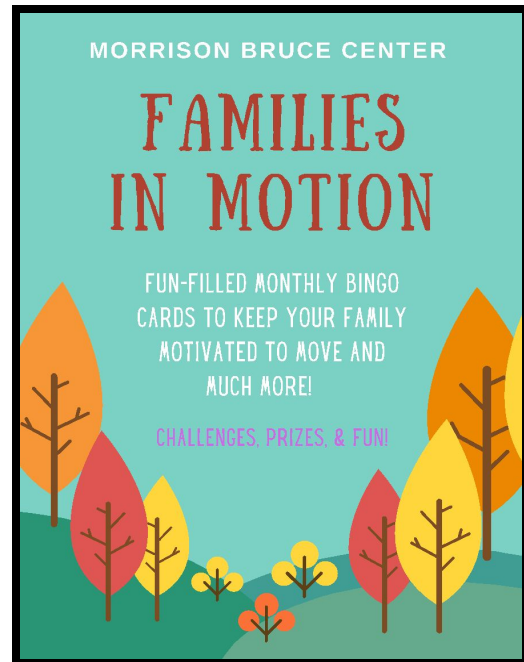


MORRISON BRUCE CENTER JAMES MADISON UNIVERSITY®

Get Up and Move with Families in Motion!

Families in Motion is a program designed to provide families the opportunity to take part in engaging physical activities while learning about their health and wellness. This semester's highlight was the introduction of monthly BINGO cards that offered many physical activities, wellness challenges, and new recipes to our participating families.

To maintain the safety and wellbeing of our participating families and staff, Families in Motion transitioned from an in-person campus event to online virtual programming this semester. Although we moved our presence online, the committee was able to uphold the program's mission of keeping families active through physical activities, nutrition, wellness, and crafts to enhance health benefits and bonding for participating families.



To educate and encourage our families from afar, we created fun-filled, interactive BINGO cards for the months of October, November, and December. Each card contained 25 activities, including physical activities designed to challenge cardiorespiratory fitness, balance, and coordination and activities related to the other domains of wellness (emotional, social, intellectual, etc.)! Our goal was to keep families active and educated, while being able to freely pace themselves throughout the month and engage in the activities that appealed to them the most. Participating families who accomplished BINGO card challenges earned free MBC prizes sent right to their front door.

Each month, activities were also themed around the current season and the month's popular holidays. For example, in October, families could complete tasks ranging from creating a storybook and making a homemade smoothie to participating in fall yoga moves and tossing pumpkins. This first card also included ideas related to environmental wellness like DIY composting and recycling, as well as activities to improve intellectual wellness such as family puzzle time and carving fall lanterns. The November BINGO card

incorporated ideas related to personal physical wellness like muscle meditation and handwashing, as well as practicing spiritual wellness through an affirmation board. Moving into the month of December, we included aspects of emotional wellness with peaceful painting and writing thank you notes and encouraged social wellness through a compliment game and a virtual karaoke party.

Since we were unable to meet our participants directly, we created a private Facebook group that we utilized as our main form of communication throughout the semester. The Families in Motion committee shared informative videos to give an introduction to each month's card and explain the different components of wellness that were being highlighted. Families uploaded pictures and gave updates as they checked off their activities, creating a healthy online community. Here, we were able to offer support and encouraging words to each other as the months went on through periodic check-ins and commenting on each other's posts!

We greatly value our Families in Motion program since it is one of our most community-centered programs that reaches children and their families outside of James Madison University. We are also proud of the hard work our committee has done to offer families the opportunity to work together and stay active, even during the unforeseen circumstances which has allowed us to adapt to a new, exciting virtual program.

