



Tailgating is a popular pastime here in the South. Mix it up this season by making sure that your tailgate is an active one!

Chances are your tailgate party might include abundant food and beverages, sitting, and television watching so you don't miss anything. To create a safe and healthy environment for tailgating, mix up sedentary time with active time.

Here are 10 Ways to Get Moving at Your Active Tailgate:

1. *Play a game of corn hole*
2. *Play Bocce ball*
3. *Play ladder toss, ring toss, or washers*
4. *Toss a Football*
5. *Toss a Frisbee*
6. *Stand or move around to socialize with family and friends*
7. *Stay hydrated by drinking plenty of water*
8. *Cheer, stand, and jump for your favorite team*
9. *Walk around the campus to explore*
10. *Challenge someone to a push up contest*

We want to see what you come up with!

Take a photo or video of your Active Tailgate Zone, post to social media and tag **#GetMovingAL**.



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