



HOA.COM

THROW A FITNESS DAY FOR KIDS ON KIDS FITNESS DAY!

Here at HOA.com, we encourage a healthy and active lifestyle within our local communities, and you can too by organizing a Kids Fitness Day event.

This blueprint will guide you through the steps to create a fun, engaging, and fitness-focused day for the children in your neighborhood.



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PLANNING COMMITTEE

Assemble a dedicated planning committee with members who are passionate about fitness and community engagement. Determine what fitness stations would work for you and your community and assign a person to manage and plan the station.

SELECT A DATE AND VENUE

Choose a date that suits most families in your community, preferably on a weekend or evening when children are not in school. It may also be a good idea to run a poll within the community to see when the majority of people will be available. Decide on a central location like a park, community center, or school gymnasium. Ensure there's ample space for various activities and also approved by the HOA board or property management company.

ADD EXCITEMENT ELEMENTS

A great way to do this is to choose a kid-friendly theme for the event, such as superheroes, jungle adventure, or sports extravaganza. It also makes the pictures and videos come out looking really great and will draw more attention to the community as being a happy, healthy, safe place!



ACTIVITIES AND STATIONS

We suggest having many stations, and two separate sections for younger children and another for the bigger kids. Create a variety of fitness stations and activities suitable for different age groups. Here is a list of possible stations you could use:

- Little kids: hopscotch, treasure hunt, jump rope, ¼ mile run, obstacle course, balloon volleyball, mini-soccer game, jumping jacks, Simon says, hula hooping, balancing exercises.
- Bigger kids: 1 mile run, yoga, goat yoga, harder obstacle course, weightlifting, kickboxing, dance workouts, pushup or pullup challenges.

Consider finding local parents who are certified in some of these areas or even hiring professional instructors or engaging local fitness enthusiasts to lead specific activities.



SAFETY MEASURES

Set up a designated first aid station with basic supplies and a trained volunteer. Ensure all volunteers are aware of safety protocols. Develop an emergency plan and communicate it to all volunteers and participants.



EQUIPMENT AND SUPPLIES

Create a checklist of all the equipment and supplies needed, including cones, jump ropes, mats, and any special equipment for specific activities. If you're a local business, you can provide them or even reach out to the community or other local businesses for equipment sponsorships or donations. At the end of everything, you could even give away the equipment to challenge winners!

COMMUNITY ENGAGEMENT

Create engaging promotional materials such as flyers, posters, and social media posts. Emphasize the benefits of a healthy lifestyle for children. Look into a collaboration with local schools to promote the event among students and their families.



REGISTRATION PROCESS

Determine if you want people to register ahead of time to gauge the number of participants. Include a section for parents to provide emergency contact information. It may be wise to develop and distribute event waivers for parents to sign, acknowledging their child's participation. If you're part of a local business, this will also provide you with much of the contact information you need to remarket to the local community to earn future business.



HEALTHY SNACK STATIONS

A great way to be the savior of the day is to make sure there are hydration stations with water and healthy beverages. Encourage participants to stay hydrated throughout the event. Having a snack Booth setup with nutritious options like fruit, granola bars, and yogurt is another way to engage with the community and get some facetime to make a memorable experience.

ENTERTAINMENT AND AWARDS

If you're making it a friendly competition, prepare certificates of participation for all children. Consider awards for specific achievements or positive attitudes. Depending on how many people are coming, many parents, companies, and local bands may be interested in making an appearance to get some local recognition as well!

MEDIA OUTREACH

Again depending on total quantity of participants, it may also be a great idea to get some good PR out of the event and send press releases to local media outlets to maximize coverage and celebrate the community's commitment to children's health.

FEEDBACK AND FOLLOW-UP

Distribute feedback forms to participants and their families. Use this input to improve future events. Create thank you notes to express gratitude to volunteers, sponsors, and participants for the positive impact of their contributions.



By following this HOA.com blueprint, you'll create an engaging and memorable Kids Fitness Day that promotes health, community spirit, and fun for the children in your neighborhood.

Check out [HOA.com/impact](https://www.hoa.com/impact) to start activating the communities you serve.

