



# ALBANY SPORT & SPINE PHYSICAL THERAPY

## Albany Fit Family Challenge

Inspired by Move Forward PT's Summer Fit Family Challenge, we have created our own local Albany list of activities aimed to keep families and their children active and healthy this summer. Post this on your refrigerator and share your family's progress and photos on Facebook and Twitter by using #albanysportspt #FitFam14

- Bike along the Periwinkle Creek Trail
- Bike to Bryant Park and play tag on the play structure
- Hike around Peavy Arboretum and count the birds you see
- Hike the Takena Landing Park trail and count the animals you see
- Fish and paddle around in the boats at Waverly Park
- Walk around the Farmer's Market and make a meal with a new fruit or vegetable
- Walk around the Albany Historic Carousel and Museum
- Walk around the trails at Simpson Park
- Swim at COOL! Pool
- Dance the night away at a River Rhythm's Concert
- Play disc golf at Timber Linn Park



[/AlbanySportsPT](#)



[/albanysportspt](#)

[#albanysportspt](#) [#FitFam14](#)