

The typical family's daily routine is often so chaotic that it's much too easy to grow apart. Sure, your oldest son might make time to pound on his little brother for a few minutes every day, but true quality time is often a rare luxury. Here's a little bit of unsolicited but very useful advice: Do your best to make time after the soccer practices, dance lessons and business conferences for [Alpha Surge Male wellness brand](#) family activities that everyone will enjoy. There's a camping trip out there for even the most pampered person (this author included). If the idea of sleeping on the ground is too much for you, opt instead to rent a rustic cabin or a motor home for your foray into the great outdoors. Those of you who love to rough it can camp the way nature and outdoor super stores intended. Load up the car with a tent, some food and other basic supplies, and hit the campsite of your choice.

Your kids will love this opportunity to hike, fish and explore. Parents of younger children might also seize the opportunity to make the trip educational by pointing out the various wildlife, trees and plants in the area. For that inevitable moment when your teenage daughter complains about the lack of cell phone service, simply make sure you're armed with s'mores fixings for the ultimate camping confection. In fact, one-third of adults (that's 17 million people!) in the United States are obese, according to the Centers for Disease Control and Prevention (CDC). The childhood obesity epidemic has also gone through the roof, with more than 17 percent of kids in falling in the obese weight range. Fight this trend as a family by engaging in regular physical activity. No one's saying you have to purchase a bunch of leotards and [alpha surge male muscle builder](#) tees or set up a weight room in your basement. Simply take a few hours each week to have high-energy dance parties in your living room, walk or bike around the neighborhood, or hold relay races in your front yard.

[external site](#) It doesn't matter how you stay active – just find something everyone is capable of doing, and enjoy it together. Doing so will improve everyone's quality of life, establish lifelong healthy habits and bring your family closer together. Sure, your teen might cringe at the mention of game night, but odds are that he'll ditch his negative attitude once he's in the throes of a rousing game of Pictionary (just don't make him admit to it in front of his friends). Haul out the family game collection, and [Alpha Surge Male wellness brand](#) take turns letting everyone pick which one to play. Mix up some modern selections, like Scene It, with classic favorites, like Monopoly or Battleship. Game night is practically guaranteed to bring out everyone's inner kid, so make it a point to serve sugary, [Alpha Surge Male official site](#) decadent snacks, like Twinkies or ice cream sundaes, to keep energy levels high. Making a habit of giving thanks will give your kids a better appreciation of people and privileges they might otherwise take for [shop Alpha Surge Male](#) granted.

Whether you pick up a fancy-pants e-reader, listen to books on tape or check out an old-school paperback from the library, take steps to make reading a regular part of your family's life. Lose yourselves in an age-appropriate science fiction novel by reading a chapter out loud to your kid at bedtime every night. Or, pick up a copy of your teen's school reading list and read as many of those selections as you can. Talking about the various characters and plot points that you loved or didn't quite understand is an ideal way to bring you closer to your kid and improve his reading level and [learn more at Alpha Surge Male](#) comprehension at the same time. Take it one step further by making a date to see the movie version on video or in the theater, if there's one available. When we're consumed with a million little worries, we forget how good we really have it. Volunteering as a family is an excellent way to foster a sense of self-worth, help improve the lives of less fortunate families and give back to the community.

Whether you make it a weekly, monthly or quarterly event, consider giving each family member the opportunity to choose the cause you support. Your pint-sized daughter might want to help out children her own age by volunteering at the local pediatric hospital, [Alpha Surge Male wellness brand](#) or your teen might prefer to build a house with Habitat for Humanity. Truly ambitious families might choose to forego a traditional vacation in favor [Alpha Surge Male wellness brand](#) of a volunteer-based one, such as a church mission trip to Haiti or other areas devastated by natural disaster. Such eye-

opening and rewarding experiences might help your teen stifle his moans about the injustices of driving Uncle Ed's old station wagon. Instead, they had to actually – gasp! Institute a media-free night every week (or month, if you need to start slowly). On designated nights, turn off all televisions, computers and cell phones, and seize the opportunity to talk instead. Every year, the average American family drops big bucks to watch characters like Captain Jack Sparrow and Indiana Jones explore the world.

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