The text is about being an active family and provides 10 tips for becoming more active as a family. The tips include:

1. Set specific activity times
2. Plan ahead and track your progress
3. Include work around the house
4. Use what is available
5. Build new skills
6. Plan for all weather conditions
7. Turn off the TV
8. Start small
9. Include other families
10. Treat the family with fun physical activity

These tips are aimed at making physical activity a part of the family's daily routine. The text emphasizes the importance of physical activity for children and adults of all ages and provides practical advice on how to incorporate more activity into a busy schedule.