



## Staying active during the winter months

Just because it's cold outside doesn't mean our kids should be less active. During the winter months, children have fewer opportunities to get outside for exercise. It is important for parents to emphasize and encourage physical activities that keep children moving, expend energy and boost morale! Here are some fun ways for children to stay active during the winter months:

### Create your "Active Space"

Kids can be active anywhere in your home, but it might be fun to set up a special place with activities they like to do. This could range from hanging a basketball hoop on the wall, taping hopscotch to the floor, setting up indoor hockey nets, or placing a chair up in your room to practice ballet. A few ideas for indoor activities would be: a Push up or Sit up contest, a Hula Hoop contest, Shooting baskets using rolled socks and a bucket, create an obstacle course using things around the house (such as couch cushions), a bowling game using empty water bottles, a Wheel Barrow or Potato Sack race (using pillow cases). Regardless of the activities you choose, make this space their own!

### Active Video Game Technology

There is a ton of technology out these days including Xbox @Kinect, Playstation®Move and Nintendo Wii®. Whether you want a customized strength training workout or a spontaneous active game, you can find something entertaining! You use your body as the controller — you are the athlete, the dancer, and more on the screen.

### Play Outside

Just because it's cold outside does not mean you have to stay cooped up inside! Put on your hat and scarf and bundle up for some good old fashion fun. There are tons of activities that you can do outside in the winter. You can go ice-skating or sledding, decorate the front yard with a snowman and snow angels, and even have a snowball fight (regardless of what your parents might say).



## Indoor Facilities

If it is too cold out and you want to get out of the house for a bit, you can go play at an indoor roller-skating rink, a bowling alley, a trampoline place, a local gym, an indoor basketball court, or even go swimming in an indoor pool! Parents – check out the local community and fitness centers to see what programs they offer for kids.

## Just Dance

Even if you do not take dance lessons, create a fun playlist on your iPhone and let loose. Dancing is a fun way to burn calories and a great stress reliever. You can also play a game of Freeze dance. There are numerous styles of kid's dance fitness videos that you can check out if you need some guidance.

## Take A Break From TV

Do not let yourself or your child sit for too long of a period. Make TV watching more active by taking "movement" breaks. Get up during the commercial, or during the show and get your body moving – with simple exercises such as jogging in place, body weight squats, sit-ups or jumping jacks.

