



Staying active during the winter months

Just because it's cold out doesn't mean our kids should be less active. The National Association for Sports and Physical Education (NASPE) recommends that all children, including infants and toddlers, should be physically active every day.

We can set a positive example by participating in fun activities and games with our kids. Here are some great ideas from PT Shoshana Newman on what you can do to keep your children active when they are inside during the upcoming months:

-----*Freeze dance*

---Push up or sit up contest

----Hula hoop contest

-Shoot baskets: using rolled socks and a bucket

-----***Bowling - using empty water bottles***

----Wheel barrel or potato sack races

----*Create an obstacle course using things around the house such as the couch cushions.*

Visit [NASPE](#) for guidelines on recommended daily amounts of exercise.

