

5210 FEATURE:

Bundle Up! Try these outdoor winter activities

December



Here's how you can put 5-2-1-0 into action this month:

PLAY OUTSIDE!

"There's no such thing as bad weather, only bad clothes."

If you've got the right gear, you can do almost any activity outside. There's no better time to try than this year: If the risks of COVID-19 have you steering clear of indoor workout spaces this winter, consider mixing up your activities with the change of season!



Encourage students and families to use trails year-round by creating a [StoryWalk](#)! Transform pages of a book into weather-proof signs. Then post them along a walking path or near a playground.

OUTDOOR WINTER ACTIVITIES:

Make sure kids are properly bundled up and moving around to capture and generate warmth during outdoor play. Check out these [tips from AAP](#) to keep your kids safe and warm! Then head outside for some family-friendly winter fun:

- Go sledding or tubing
 - Build a snowman
 - Go for a nature walk
 - Make snow angels
 - Build a snow fort
 - Launch a snowball fight
 - Paint snow graffiti
 - Outdoor scavenger hunt
 - Visit the playground
- (Rubberized playground surfaces are the safest for play in snow and ice.)*
- Check your local parks for equipment rental to try these winter sports:
 - Ice skating
 - Snowshoeing
 - Cross-country skiing
 - Curling
 - Skiing
 - Snowboarding
 - Ice hockey

STRATEGY 4

Provide opportunities to get physical activity every day.

Active kids [tend to be healthier kids](#). Regular physical activity shouldn't stop just because it is cold outside. Continue to provide opportunities for physical activity – indoor or outdoor – throughout the winter season.

– [10 Strategies for Success](#)



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