



Healthy Choices Count!

DECEMBER

BUNDLE UP! TRY THESE OUTDOOR WINTER ACTIVITIES

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. Don't let the winter keep you indoors! It's important to stay active year round so don't let the chill in the air ruin your outdoor fun!



OUTDOOR ACTIVITIES

- Go sledding
- Build a snowman
- Go for a nature walk
- Make snow angels
- Go ice-skating
- Build a snow fort
- Challenge your neighbors or siblings to a snowball fight
- Make bird feeders with pinecones, peanut butter and birdseed or string popcorn on fishing line

INDOOR ACTIVITIES

Is the weather outside frightful? Enjoy one of these indoor activities while you get warm inside!

- Rent a book from the library on the first day of break
- Host a board game tournament or complete a puzzle
- Build a tent camp in your living room
- Create a dance routine to your favorite song



Learn more and access free resources: iowahealthieststate.com/5210



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