



## 5 Ways to Keep Kids Active this Winter

Keeping kids active and happily occupied on a frigid winter day is a challenging task for anyone. When it's just too cold to venture outside, try these five fun ways to get children moving and eating right.

1. **Domestic Dance Party!** Arrange your furniture to create a large open space, make a fun playlist, then turn up the volume and let the kids loose.
2. **Housebound Hopscotch.** Use masking tape to create a hopscotch design on the floor, give the kids a flat object like a button to use as a tossing stone, and let the hopscotching begin!
3. **Frigid Day Fruit Kebobs.** Help kids slice up fresh fruit and create colorful kabobs for a fun and healthy snack.
4. **"As If."** Make up silly sentences and have kids act them out for 30 seconds each. Keep it fun and full of zip with sentences such as, "Run in place like a bear is chasing you!" or "Jump in place like you're popcorn popping!"
5. **Overcome Obstacles!** Create an indoor obstacle course, then time each child and see who can complete it the fastest.

These exercises will help kids get the 60 minutes of daily physical activity recommended by the Centers for Disease Control and Prevention. With 3 out of 10 kids today obese or overweight, it's critical we help our youth learn the value of being fit and eating right.

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