



Warm-up Your Winter with Physical Activity!

Set a family goal to be physically active every day. Adults need 30 minutes of physical activity each day and kids need 60 minutes. Make a list of fun ways to get moving this winter! Here are some ideas to get you started:

- **Walk the mall** -- The local mall is a great place to walk and window shop. The best time to walk the mall is in the morning where there are less people shopping. Wear sneakers and comfortable clothes and walk for at least 30 minutes.
- **Take the stairs** -- Instead of the elevator, take the stairs. Take a few minutes out of your work day and get your heart pumping by taking the stairs to and from your workplace, to the restroom, and even on your way out for a walk at lunch time!
- **Turn on some music** -- Invite the whole family to dance with you. Choose lively music with a good beat and dance, dance, dance!
- **Be a cleaning machine** -- Vacuuming, carrying a laundry basket full of clothes up and down the stairs, and taking grocery bags in from the bus or car are all great ways to get moving.
- **Take a commercial break** -- Get some physical activity during TV time. When a commercial break starts, jog in place, do push-ups or sit-ups, or try some jumping jacks. Keep moving until your show starts again. Even short bursts of physical activity add up to a healthier you!
- **Let it snow** -- Bundle up the whole family and head outside to make a snow man or snow angel, build a snow fort, or shovel the driveway.

Take Action!

Have your own Family Fitness Challenge! Set specific goals you and your child can strive to achieve together. Here are some ideas:

- Walk for 20 minutes: 3, 5 or 7 times a week.
- Set aside time to be active in the evenings with your family.
- Make up a new game to play with your family each week.



Recipe

Homemade Sports Drink

Servings: 16

Ingredients:

1 6-ounce can frozen concentrate orange juice (follow instructions on the can)
2 Tablespoons lemon juice
1 Tablespoon lime juice
 $\frac{3}{4}$ teaspoon salt
Water

Directions:

1. Mix all ingredients, adding enough water to equal one gallon.
2. Refrigerate and use as a refreshment in the coming week.
3. OPTIONAL Try this even easier recipe: 1 cup of orange juice, 1 cup of water and a pinch of salt.

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