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## ★ JANUARY'S Healthy Habit Challenge ★

Stay Active with Your Family throughout Winter



- ★ Go for a family walk with the dog
- ★ Build a snowman and play in the snow
- ★ Go skiing or snowshoeing
- ★ Play basketball, soccer, or on the playground
- ★ Dance to music or do a zumba video
- ★ Use painter's tape to make a hopscotch pattern on the floor
- ★ Play games that require movement: Twister, Simon Says, Charades
- ★ Set up an indoor obstacle course
- ★ Create a "Move Jar": fill it with slips of paper that say different movements such as master walk, jump rope, or skipping
- ★ Go ice-skating, roller-skating, or bowling
- ★ Go to an indoor pool: swim laps and play pool games
- ★ Visit an indoor rock-climbing or trampoline center

