



# DECEMBER STAY ACTIVE IN THE WINTER

#HealthyChoicesCount



STATE OF IOWA DEPARTMENT OF  
**Health AND Human**  
SERVICES

FIND MORE 5-2-1-0 RESOURCES:  
[www.iowaHealthiestState.com/5210](http://www.iowaHealthiestState.com/5210)



## DID YOU KNOW?

Exercise increases aerobic fitness, strengthens muscles and bones, helps build immunity, makes weight control easier, and can improve sleep! Don't let the winter blues keep kids indoors!



## STRATEGY 4: Provide opportunities to get physical activity everyday

- **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!

## ENJOY THE OUTDOORS

*There's no such thing as bad weather, only bad clothes!* Make sure kids are properly bundled up and head outside for some active winter fun:

- [Take It Outside: It's Important!](#)
- [Winter Olympic Games Activities](#)
- [25+ Outdoor Winter Activities for Kids](#)



## STAY ACTIVE INDOORS

Can't make it outside? Try these indoor resources!

- [GoNoodle Videos](#)
- [5-2-1-0 Coloring Pages](#)
- [Screen Free Fun Activities Idea Book](#)
- [Use Physical Activity as a Reward!](#)

