

FOR IMMEDIATE RELEASE

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Merry, Bright, and Healthy!

Is your health and fitness at the top of your priority list this time of the year? If your answer was ‘no’, you are not alone! For many, November and December are some of the busiest months of the whole year! Calendars quickly fill up with seasonal school programs and festive holiday parties, not to mention the hustle and bustle of holiday shopping. It is easy to tell yourself, “*I’ll exercise in January or after the start of the new year*”, but what if you started now? I know that seems crazy to think about. But what if you found little ways to be active each day, while still enjoying the holidays?

Daily movement can make daily tasks easier and has been shown to decrease stress and increase mood. If getting time away to be active by yourself seems like too much of a challenge, the whole family would benefit from engaging in physical activity!

Action for Healthy Kids shares great tips to keep the whole family moving when it’s chilly outside. Use these ideas to keep everyone moving or add them to your holiday plans to get everyone involved in light-hearted fun!

- Play indoor hopscotch: Use painter’s tape to create squares on the floor.
- Play *Hot Lava*: Put several pillows on the floor and space them apart. Instruct kids to jump from pillow to pillow. If they fall off the pillows, they will fall into hot lava.
- Purchase an aerobic exercise DVD or stream a fitness video to get your heart pumping!
- Play *Red Light, Green Light*, or other small group games that children pick and lead.
- Shovel snow.
- Play *Simon Says*.
- Build an indoor fort out of pillows and blankets.
- Have a jump rope challenge in the garage. Who can do the most in a minute?
- Start each morning with a 10-minute stretch and wake session before breakfast.
- Play charades.
- Practice yoga.

- Go ice-skating or roller-skating.
- Bundle up and take a hike or a neighborhood walk.

For more information, visit *createbetterhealth.org*, OR contact Katherine Pinto, EFNEP and SNAP-Ed Agent, kdpinto@ksu.edu or 620-232-1930.

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