

**Healthy  
Tips**

## Healthy6 – Active Play



### Meet the Challenge Balance Your Day with Active Play

Daily active play (calories out) along with healthy eating (calories in) equals healthy balance! Start anew this year and reenergize by adding more movement to your day! Physical activity helps you curb the wintertime blues, builds your self-esteem, strengthens your heart and body and helps you maintain a healthy weight!

#### Add pep to your step with these active play ideas!

- Winter Fun – Enjoy the season actively by sledding, snowshoeing, building snow men and throwing snow balls.
- Stepping Out – Socialize with friends and get a little extra movement too! Meet regularly to stroll through local museums, galleries and shopping malls.
- Gymnasium Options – Check out your local community center or school gym to go play basketball, jump rope or walk laps.

Write a list of fun active play ideas you would enjoy this winter and post on the refrigerator, cupboard door, or wherever you'll be reminded. Personalize and add to the list below.

1. Take a winter walk with friends or family in the park.
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

#### Pick a Challenge goal to add active play to your day:

- Ask my friend to go to the gym to shoot baskets.
- Schedule active play dates with family on my calendar or electronic device.
- Bundle up and get outside to walk or play in the snow this week.
- Create your own challenge goal. \_\_\_\_\_

