



Holiday Time with Family and Friends

December 2015

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For more information on
how to lead a healthier
lifestyle, visit our website
GetHealthyCT.org

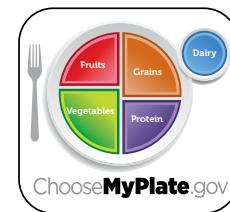


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10 tips

Nutrition
Education Series

make healthier holiday choices

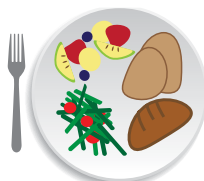


10 tips for a healthier holiday

The holidays are often filled with time-honored traditions that include some of our favorite meals and foods. As you celebrate, think of little changes you can make this holiday season to create healthier meals and active days.

1 create MyPlate makeovers

Makeover your favorite holiday dishes. Use My Recipe on SuperTracker to improve holiday recipes and get healthier results. Go to <https://www.supertracker.usda.gov/myrecipe.aspx>.



6 tweak the sweet

For dessert, try baked apples with cinnamon and a sprinkle of sugar instead of apple pie. Invite your guests to make their own parfait with colorful sliced fruit and low-fat yogurt.



2 enjoy all the food groups at your celebration

Prepare whole-grain crackers with hummus as an appetizer; add unsalted nuts and black beans to a green-leaf salad; use low-fat milk instead of heavy cream in your casseroles. Share healthier options during your holiday meal.

7 be the life of the party

Laugh, mingle, dance, and play games. Focus on fun and enjoy the company of others.

3 make sure your protein is lean

Turkey; roast beef; fresh ham; beans; and some types of fish, such as cod or flounder, are lean protein choices. When serving meats, trim away any fat before cooking. Go easy on the sauces and gravies—they can be high in saturated fat and sodium.

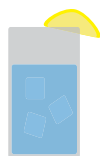
8 make exercise a part of the fun

Make being active part of your holiday tradition. Have fun walking and talking with family and friends after a holiday meal. Give gifts that encourage others to practice healthy habits such as workout DVDs, running shoes, and reusable water bottles.



4 cheers to good health

Quench your thirst with low-calorie options. Drink water with lemon or lime slices. Offer seltzer water with a splash of 100% fruit juice.



9 enjoy leftovers

Create delicious new meals with your leftovers. Add turkey to soups or salads. Use extra veggies in omelets, sandwiches, or stews. The possibilities are endless!

5 bake healthier

Use recipes with unsweetened applesauce or mashed ripe bananas instead of butter. Try cutting the amount of sugar listed in recipes in half. Use spices to add flavor such as cinnamon, allspice, or nutmeg instead of salt.



10 give to others

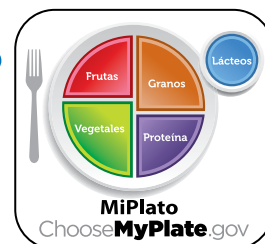
Spend time providing foods or preparing meals for those who may need a little help. Give food to a local food bank or volunteer to serve meals at a shelter during the holiday season.



10 consejos Serie de Educación en Nutrición

seleccione opciones saludables para los días feriados

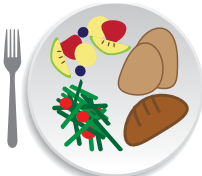
10 consejos para feriados saludables



Los días feriados son oportunidades para dedicar tiempo a celebrar tradiciones que incluyen nuestras comidas y platos favoritos. Mientras celebra piense en pequeños cambios que pueda hacer esos días feriados para crear comidas saludables y mantenerse activo.

1 crea MiPlato renovado

Renueve sus platos favoritos. Use "My Recipe" en SuperTracker para mejorar sus recetas especiales y hacerlas más saludables. Visita <https://www.SuperTracker.usda.gov/myrecipe.aspx>.



2 en sus celebraciones disfrute los alimentos de cada uno de los grupos

Para empezar sirva galletas integrales con "hummus," adicione nueces sin sal y frijoles negros a una ensalada de verduras; en sus guisos o cazuelas use leche baja en grasa en vez de crema. Comparta opciones saludables en sus comidas de días festivos.

3 asegúrese que la proteína que consuma sea magra

Pavo, carne de res, jamón, legumbres y algunas variedades de pescado como bacalao o lenguado son opciones magras. Cuando prepare carnes, corte y retire la grasa antes de cocinar. Sea moderado con las salsas y los aliños, éstos pueden contener cantidades considerables de grasa y sodio.

4 celebre la buena salud

Sacie su sed con opciones bajas en calorías. Tome agua con jugo o rodajas de limón. Ofrezca agua con gas mezclada con un poquito de jugo 100% fruta.



5 hornee productos saludables

Use recetas con puré de manzana sin azúcar o puré de plátanos en vez de mantequilla. Trate de disminuir la cantidad de azúcar en la mitad de lo que indica la receta. Use especias para adicionar sabor como canela, clavo de olor o nuez moscada.



6 cambie los dulces

Para el postre, pruebe manzanas horneadas con canela y azúcar roceada en vez de pie de manzana. Ofrezca a sus invitados la oportunidad de preparar su propio "parfait" con tajadas de frutas multicolores y yogur bajo en grasa.



7 sea el centro de la fiesta

Ría, baile y juegue. Enfóquese en la diversión y goce de la compañía de otros.

8 haga que el ejercicio sea parte de la diversión

Haga que el ejercicio sea parte de la tradición de un día festivo. Diviértase caminando y hablando con la familia y los amigos después de la cena. Dé regalos que motiven a otros a practicar hábitos saludables como DVDs de ejercicios, zapatillas y botellas reusables de agua.



9 aproveche de las sobras

Prepare platos con las sobras del día anterior. Añada carne de pavo a sus sopas o ensaladas. Use vegetales en sus tortillas francesas, sándwich o sopas. ¡Las posibilidades son interminables!

10 regale

Dedique tiempo a preparar comidas o proveer alimentos a aquellos que necesiten ayuda. Done alimentos al banco local de alimentos o participe como voluntario durante la temporada de fiestas para servir comidas en los comedores comunales.



Enjoying The Family Meal

Family meals are important. You create close bonds and lifelong memories around the family table. Family meals can teach your child about healthful eating. You just need to be a good role model. When you try new foods your child may be more adventurous with food, too.

Try these easy ways to make family meals a pleasant part of your family routine.



- **Set a regular family mealtime.** Regular mealtimes give your child a better chance to eat a variety of foods to get the right amount to grow, stay healthy, and keep a healthy weight.
- **Make it simple, make it quick!** Spend less time in the kitchen and more time at the family table. Simple meals, even cold sandwiches, taste as good as meals that take more work. You can make any meal special if you all feel relaxed and if mealtime is filled with caring and laughter. Simplify – to take care of you, too!
- **Show that family meals are important.** During mealtime, turn off the TV. Find another way to see favorite shows. Let the answering machine take your phone calls, too. Have your family make calls before or after the meal hour. Show that same respect for other families when you make phone calls.
- **Eat around a table.** It's easier to talk and listen to your family when you face each other. Eating side-by-side at the kitchen counter takes away eye contact.
- **Enjoy meal talk.** Make easy conversations – no nagging or complaining. Talk so everyone can be a “star” at mealtime. Don’t take over. Your child will listen and learn by feeling included.
- **Be realistic about mealtime.** Try to sit down together. Keep meals from lasting too long. If kids get fussy, your family meal won’t be fun. Wait until everyone is done to be excused.

Enjoying The Family Meal

"I Can Help!"

Helping with family meals makes your child feel important in your family. You get time together, too. Your child learns even when tasks are not perfectly done. So even if you work faster alone, **ask your child to help you.**

- **Pick** flowers for the table.
- **Create** paper placemats.
- **Put** pets in another room, if they demand family attention at mealtime.
- **Clear and wash** the table. Wash his or her hands.
- **Help** with table setting.
- **Help** with simple kitchen tasks, perhaps tearing salad greens or putting bread in a basket.
- **Pour** milk, perhaps with your help.
- **Turn off** the TV. Turn on fun music.
- **Clear and clean** the table.
- **Ask** "What would you like to do to help me?" Jot their ideas down.



Try this:

Does it seem impossible to fit family meals into your hectic schedule? Go step by step. Try to enjoy at least one family meal together each week. See what works, and plan from there.

Menus for Child Care



Week 5 Menus

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Breakfast</u> Juice or Fruit or Vegetable Grains/Breads Milk	½ cup orange sections (½ cup fruit) ½ slice cheese toast (½ slice bread, ½ oz cheddar cheese) ¾ cup 1% milk ¹ (¾ cup milk)	½ cup fresh banana slices (½ cup fruit) 1 Oven-Baked Whole Wheat Pancake A-06A ² (½ slice bread) ¾ cup 1% milk ¹ (¾ cup milk)	½ cup diced peaches (½ cup fruit) ⅓ cup whole-grain cereal variety (⅓ cup dry cereal) ¾ cup 1% milk ¹ (¾ cup milk)	¼ cup grape juice (¼ cup juice) ½ serving Golden Apple Oatmeal ³ (¼ cup cooked cereal, ¼ cup fruit) ¾ cup 1% milk ¹ (¾ cup milk)	½ cup pineapple tidbits (½ cup fruit) ½ Cut Biscuit A-09 ² (¾ slice bread) ¾ cup 1% milk ¹ (¾ cup milk)
<u>Lunch or Supper</u> Meat or Meat Alternate Vegetable/Fruit (2 servings of vegetable or fruit or both) Grains/Breads Milk	½ cup Lentil Soup H-07 ² served over ¼ cup brown rice (½ oz cooked lean meat, ¼ cup vegetable, ½ slice bread) 4 oz lowfat yogurt (4 oz yogurt) ¼ cup fresh apple slices (¼ cup fruit) ¾ cup 1% milk ¹ (¾ cup milk)	1 ½ oz oven-baked chicken (1 ½ oz cooked poultry) ¼ cup broccoli (¼ cup vegetable) ¼ cup mixed fruit (¼ cup fruit) 1 Corn Muffin A-02 ² (¾ slice bread) ¾ cup 1% milk ¹ (¾ cup milk)	1 Tuna Salad Sandwich F-11 ² on whole wheat bread (2 oz cooked fish, ⅛ cup vegetable, 2 slices bread) ¼ cup peas and carrots (¼ cup vegetable) ¼ cup banana slices (¼ cup fruit) ¾ cup 1% milk ¹ (¾ cup milk)	1 serving Tiny Meat Loaves D-04C ² (2 oz cooked lean meat, ⅛ cup vegetable, ½ slice bread) ¼ cup stir-fried zucchini with 1 tsp parmesan cheese (¼ cup vegetable) ¼ cup fresh pear slices (¼ cup fruit) ¾ cup 1% milk ¹ (¾ cup milk)	½ cup Pasta Toss with Vegetables D-14 ² (¾ oz cheese, ¼ cup vegetable, ½ slice bread) ¾ oz roasted turkey (¾ oz cooked poultry) ¼ cup apricot halves (¼ cup fruit) ¾ cup 1% milk ¹ (¾ cup milk)



Menus for Child Care



Snack Select two of the following: Meat or Meat Alternate Vegetable or Fruit or Juice Grains/Breads Milk	Ants on a log (½ cup celery sticks with 1 Tbsp peanut butter ⁴ and 1 Tbsp raisins ⁶) (½ cup vegetable, 1 Tbsp peanut butter) Water ⁵	1 Blueberry Muffin A-03 ² (1 slice bread) ½ cup 1% milk ¹ (½ cup milk) Water ⁵	1 portion Strawberry Yogurt Shake ³ (½ cup fruit, 2 oz yogurt) Water ⁵	½ turkey sandwich (½ oz cooked poultry, 1 slice bread) Water ⁵	½ oz cottage cheese (½ oz cheese) ½ cup grapes halves (½ cup fruit) Water ⁵
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¹Nutritionists recommend serving whole milk for children ages 2 and younger and lowfat milk for children older than 2 years of age.

²USDA Recipes for Child Care. Available online at www.nfsmi.org.

³5 a Day Quantity Recipe Cookbook. Available online at www.ed.state.nh.us/education/doe/organization/programsupport/bnps/cookbook.pdf.

⁴Sunflower butter may be substituted for peanut butter.

⁵Water is suggested as a beverage for all snacks even when other beverages are offered to encourage children to drink water.

⁶Raisins can be a choking hazard to young children.





Recipe of the Month: Tasty Tots

Each month's packet will include a recipe created by a school. The following pages include information about the school's recipe creating process, the required ingredients, and the steps to make it!





Tasty Tots

BELLINGHAM MEMORIAL MIDDLE SCHOOL

Bellingham, Massachusetts

Our Story

The recipe challenge team at Bellingham Memorial Middle School began by brainstorming healthy menu items that would be well accepted by students. The team learned how to execute the contest's recipe development during an afterschool cooking class led by chefs from a Whole Foods Market. After a discussion on the value of healthy food and basic nutrition, the team divided into four groups and developed eight recipes.

The recipes were taste-tested by over 200 students and resulted in rave reviews. Two of these recipes, Tasty Tots and Mediterranean Quinoa Salad, became winning recipes featured in this cookbook.

Tasty Tots are a combination of sweet potatoes, garbanzo beans (chickpeas), and cinnamon that come together to form a unique, delicious dish. This variation of a classic side dish is a yummy addition to any menu.

School Team Members

SCHOOL NUTRITION PROFESSIONAL

Jeanne Sheridan, SNS

CHEF

Rodney Poles (Whole Foods Market, partner chef from *Chefs Move to Schools* chefsmovetoschools.org)

COMMUNITY MEMBERS

Karen Ring (Healthy Eating Specialist, Whole Foods Market) and Lauren Marciszyn, RD, LDN (Youth and Community Wellness Director, YMCA)

STUDENTS

Dylan B., Elizabeth B., Taylin S., John G., and Nick D.

Tasty Tots

Meal Components: Red/Orange Vegetable-Other Vegetable

Vegetables I-23r

Ingredients	25 Servings		50 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
*Fresh sweet potatoes, peeled, coarsely shredded	6 lb	1 gal 1 qt	12 lb	2 gal 2 qt	1. Spread shredded sweet potatoes evenly on a sheet pan (18" x 26" x 1") lightly coated with pan release spray. For 25 servings, use 1 pan. For 50 servings, use 2 pans. 2. Bake sweet potatoes until slightly tender. DO NOT OVERCOOK. Conventional oven: 350 °F for 20 minutes Convection oven: 350 °F for 15 minutes
Canned low-sodium garbanzo beans (chickpeas), with liquid	3 lb 7 oz	2 qt 1 ½ cups (½ No. 10 can)	6 lb 14 oz	1 gal 3 cups (1 No. 10 can)	3. Puree garbanzo beans, including the liquid, in a food processor to a smooth consistency. Yields: For 25 servings, about 1 qt 3 ¼ cups (3 lb 6 oz). For 50 servings, about 3 qt 2 ½ cups (6 lb 12 oz).
Vegetable oil		½ cup		1 cup	4. Combine sweet potatoes, pureed garbanzo beans, oil, salt, garlic, onions, pepper, onion powder, and cinnamon. Mix well. For 50 servings mix in enriched all-purpose flour to help bind the product. (Flour added as a processing aid does not contribute significantly to the nutrient analysis). Refrigerate at 40 °F for 40-50 minutes to make tots easier to form.
Salt		2 tsp		1 Tbsp 1 tsp	
Granulated garlic		2 tsp		1 Tbsp 1 tsp	
*Fresh green onions, finely diced	3 oz	¾ cup 2 Tbsp	6 oz	1 ¾ cups	
Ground black pepper		1 tsp		2 tsp	
Onion powder		2 tsp		1 Tbsp 1 tsp	
Ground cinnamon		2 tsp		1 Tbsp 1 tsp	
Enriched all-purpose flour	0	0	2 ½ oz	½ cup	
					5. Using a No. 40 scoop, place mixture 1-inch apart on sheet pan (18" x 26" x 1") lined with parchment paper and lightly coated with pan release spray. For 25 servings, use 2 pans. Make 150 tots. For 50 servings, use 4 pans. Make 300 tots.



Dark Green and Orange Vegetables

Tasty Tots

Meal Components: Red/Orange Vegetable-Other Vegetable

Vegetables I-23r

Ingredients	25 Servings		50 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
					<p>6. Cover tots on sheet pan with layer of parchment paper then use a second sheet pan and lightly press to flatten tots.</p> <p>7. Bake until light brown: Conventional oven: 400 °F for 12 minutes Convection oven: 400 °F for 9 minutes</p> <p>Critical Control Point: Heat to 140 °F or higher for at least 15 seconds.</p> <p>8. Critical Control Point: Hold at 135 °F or higher for hot service.</p> <p>9. Serve 6 tots.</p>

Serving	Yield	Volume
6 tots provides: $\frac{3}{8}$ cup red/orange vegetable and $\frac{3}{8}$ cup other vegetable.†	25 Servings: about 7 lb 5 oz	25 Servings: 150 tots
†The legumes in this recipe contribute to the <i>other vegetable subgroup</i> and not the <i>meat/meat alternate component</i> since the beans are not visibly recognizable as legumes in the Tasty Tots recipe. This vegetable side dish with legumes is limited to the vegetable component because of its function as a vegetable in the meal.	50 Servings: about 14 lb 10 oz	50 Servings: 300 tots
<p>FACT: Improving the nutrient content of the foods children eat by disguising nutrient-rich vegetables and fruits in the food is a great idea for people of all ages. However, it is not a menu planning principle that teaches and encourages children to recognize and choose a variety of healthy fruits and vegetables.</p>		

Notes
*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

Marketing Guide		
Food as Purchased for	25 servings	50 servings
Sweet potatoes	9 lb 14 oz	19 lb 12 oz
Green onions	3 $\frac{3}{4}$ oz	7 $\frac{1}{2}$ oz



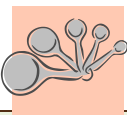


Nutrients Per Serving					
Calories	186.22	Saturated Fat	0.41 g	Iron	1.52 mg
Protein	4.79 g	Cholesterol	0 mg	Calcium	55.16 mg
Carbohydrate	31.66 g	Vitamin A	15408.01 IU	Sodium	381.06 mg
Total Fat	4.92 g		(772.01 RAE)	Dietary Fiber	5.54 g
		Vitamin C	18.61 mg		

DECEMBER



Get Moving Today!

ACTIVITY CALENDAR






Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Time to practice your jumping skills. Practice jumping far and high – bend your knees, reach for the sky, and land softly.	Go for a walk. As you walk practice other ways to move, skipping, galloping, sliding, and leaping.	Using a balloon, practice volleying with different parts of your body. Can you keep the balloon in the air using your hand, your thumb, or even your elbow?	Go on an ABC treasure hunt! Move throughout your house finding items that begin with each letter. When you get to an item do a fun movement such as donkey kicks, log rolls, or jumping jacks.	Movement Add On: Working together, create a movement sentence. One person starts by doing one movement, the next person does a new movement, and then do the two movements together. Keep adding new movements.	Enjoy the day by going for a family walk. As you walk together take turns sharing something that is special about your family.	Turn on some relaxing, quiet music as you stretch your body in many different ways. Between each stretch try to relax and breathe.
Work on your kicking skills. Kick a pair of rolled up socks from room to room.	Sit with your family and take turns laughing. Try to make your laugh extra special.	Time to roll. Clear out some space in your home and roll from one end to the other. First keep your body as straight as you can, then try it with a bent body.	Roll up some socks and practice your throwing skills - turn, step, throw, follow-through.	Practice your hopping skills! Hop once on each foot, and then hop twice on each foot, etc. Keep on hopping and counting.	 Pretend to skate on paper plates. Add some style and some tricks.	Puzzle relay: Put puzzle pieces on one end of the room. Starting on the other side, run, pick up a puzzle piece, run back and start the puzzle.
Find items around your home that make noise. Use these “instruments” as you march through your home in a parade.	Create an obstacle with chairs and blankets. Practice moving under, over and around. 	Visit every space in your home, but each time you get to a space do five jumps as high as you can and then move to the next space.	Sort toys as you exercise. Begin by figuring out how to sort – by color, by size – then make piles on different ends of your home. As you find an object move quickly to the correct pile, hop on each foot five times, and then move quickly back to get another toy.	Use your creativity to make up a new game that uses something from your kitchen. Give your game a funny name. 	Get outside and go for a walk. As you walk breath in through your nose and blow out through your mouth.	Work on your cutting skills and make some paper snowflakes. 
Use the snowflakes from yesterday to make a trail through your home. Can you move through your home without touching the floor and only touching the snowflakes?	Take a run. Work on moving in a straight line, move your arms front and back, and land lightly on your feet. Celebrate winning the race!	Family relaxation activity. Turn the lights off and you lay down on the floor. Squeeze and then relax your muscles. Breathe.	Movement charades: Act out something that has to do with winter. Can anyone guess what you are?	Indoor snowball fight! Make a bunch of paper balls and have fun throwing them far, near, high, low. Pick them up and do it again.	Transportation fun: Begin by identifying a different form of transportation and then pretend to do it. Such as riding your bike, driving a big bus or gliding on your roller blades.	Scatter socks throughout the room. Pretend to walk on a tight rope. When you get to a sock, stand on one foot, bend down and pick up the sock – keep your balance.
Get outside for a game of tag. If you have snow on the ground, this will be extra good for your body.	Pretend to float all through your home like a snowflake falling from the sky - float high, float low, float fast, float slow.	Can you build a tower out of pillows? Practice your underhand throwing skill as you try to knock over the tower.	Pretend to be animals who play in the snow – walk like a polar bear, a penguin, and a seal.	Sit across from your parent/caregiver and practice rolling a “snow ball” back and forth – count to 10 as you roll back and forth, and then move further apart and try it again.	Put mittens on your feet and use them as skates to glide across the kitchen floor. 	What was your favorite activity this month? Give it another try!

DICIEMBRE



"A Moverse Hoy"!

CALENDARIO DE ACTIVIDADES

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Es hora de practicar tus habilidades de saltar - práctica saltando lejos y alto- dobla las rodillas, alcanza hacia el cielo, y aterriza suavemente.	Ve a caminar. Mientras caminas, practica otros tipos de movimientos...brincando, galopeando, resbalando, y saltando.	Usando un globo, practica voleando con diferentes partes del cuerpo. ¿Puedes mantener el globo en el aire usando tu mano, tu pulgar, o hasta tu codo?	Anda en una búsqueda del alfabeto- muévete alrededor de tu casa encontrando objetos que comiencen con cada letra del alfabeto. Cuando encuentres un objeto, haz un movimiento divertido como patear como burro o piruetas.	Aumenta movimiento - Trabajando juntos hagan una oración con movimientos. Una persona comienza haciendo un movimiento, la siguiente persona hace un nuevo movimiento, y luego hacen los 2 movimientos juntos... sigan aumentando otros movimientos.	Disfruta del día yendo a caminar con tu familia. Mientras caminen juntos tomen turnos compartiendo algo que sea especial sobre tu familia. 	Toca música suave y relajante mientras estiras tu cuerpo en diferentes maneras. Entre cada estiro, trata de relajarte y respira.
Practica tus habilidades de patear. Patea un par de calcetines viejos que estén enrollados en una bola de habitación a habitación.	Siéntate con tu familia y toma turnos riendo. Trate de que tu risa sea bien especial.	Hora de rodar. Haz espacio en una habitación en tu hogar y rueda de un lado al otro. Primero mantiene tu cuerpo lo más recto que puedas y luego intenta rodar con el cuerpo doblado.	Enrolla unos calcetines y practica tus habilidades de lanzar... da un paso, lanza, dale seguimiento.	¡Practica tus habilidades de salto! Salta una vez con cada pie, luego salta dos veces con cada pie, etc. Sigue saltando y contando.	Pretende patinar con platos de papel. Dale un poco de estilo y aumenta unos trucos.	Carrera de rompecabezas - Pon piezas de un rompecabezas en un lado de la habitación. Comenzando en el otro lado, corre, levanta una pieza, corre de vuelta y comienza a armar el rompecabezas.
Encuentra objetos por la casa que hagan ruido. Usa estos "instrumentos" mientras marchas por tu hogar desfilando.	Crea una carrera de obstáculos con sillas y frazadas. Practica moviéndote por debajo, encima y por el redor. 	Visita cada espacio en tu hogar, pero cada vez que llegues a un espacio salta cinco veces lo más alto que puedas antes de moverte al siguiente espacio.	Clasifica juguetes mientras haces ejercicio. Comienza descifrando como vas a clasificar - por color, por tamaño - luego haz montones en diferentes lados de tu hogar. Al encontrar objetos, muévete rápido hacia el montón correcto, salta de un pie, y muévete rápido para recoger otro juguete.	Usa tu creatividad para crear un nuevo juego que use algo que se encontraría en la cocina. Dale un nombre chistoso a tu juego. 	Sal afuera y ve a caminar. Mientras caminas respira el aire por tu nariz y exhala por la boca.	Practica tus habilidades de cortar y haz unos copos de nieve 
Usa los copos de nieve de ayer para hacer un camino por tu hogar. ¿Puedes moverte por tu hogar sin tocar el piso y solo tocando los copos de nieve?	Ve a correr - Practica moviéndote en una línea recta, mueve tus brazos hacia adelante y hacia atrás, aterriza suavemente en tus pies. ¡Celebra ser el ganador de la carrera!	Actividad familiar de relajación. Apaga las luces y acuéstate en el suelo. Aprieta todos tus músculos y luego relájalos. Respira.	Juego de Movimientos - Pretende hacer algo que tenga que ver con el invierno. ¿Puede adivinar otra persona que estás haciendo?	Pelea de nieve - Haz un montón de pelotas de papel y diviértete tirándolas lejos, cerca, alto, bajo. Recógelas y hazlo otra vez.	Diversión con transportación - Comienza identificando una forma de transportación diferente y pretende hacerlo. Tal como manejar bicicleta, manejar un autobús, patinar con patines.	Disperse calcetines por toda la sala. Pretende caminar de puntitas en una cuerda floja - cuando llegues a un calcetín, párate de un pie, agáchate y recoge el calcetín - mantiene tu balance.
Ve afuera y persigue a otra persona hasta que lo agarres. Tomen turnos. Si hay nieve en el piso será mucho mejor para ejercitar el cuerpo.	Pretende flotar por todo tu hogar como si fueras un copo de nieve cayendo del cielo...flota alto, flota bajo, flota rápido, flota despacio.	Puedes hacer una torre de almohadas y practicar lanzando con el brazo por debajo la cintura. Intenta de derribar la torre.	Imaginen ser animales jugando en la nieve - camina como un oso polar, un pingüino y una foca.	Siéntate al frente tu padre/cuidador y practica rodando "una bola de nieve" entre los dos- cuenta hasta 10 mientras la ruedas de un lado al otro. Muévanse más atrás e inténtenlo nuevamente.	Ponte guantes en los pies y úsalos como patines resbalando por el piso de tu cocina. 	¿Cual fue tu actividad favorita este mes? ¡Inténtala nuevamente!

10 Winter Fitness Activities for the Whole Family

By Beth W. Orenstein | Medically reviewed by Niya Jones, MD, MPH

Baby, it's cold outside! But don't let the deep freeze discourage you from getting outside and getting active. If you dress properly — in layers, taking care to protect your hands, feet, and ears — and if you choose fitness activities that are fun, you and your family can actually look forward to working out in winter, says Alice Burron, MS, a member of the Wyoming Governor's Council on Physical Fitness and Sports, an American Council on Exercise spokeswoman, and author of *Four Weeks to Fabulous*. "Winter activities, particularly when there's snow on the ground, are good for strengthening 'balance' muscles because of the uneven, slick surface," Burron says. "What a great way to get your core muscles — the key to stabilizing your entire body — in shape for the spring." And underneath all those layers, you can burn some serious calories. Below are 10 fun winter fitness activities for you and your family to choose from, and the calories you can burn, based on a 150-pound person and Everyday Health's My Calorie Counter.



Sledding

Head to your local sledding hill (provided there's snow) for a fun, aerobic workout. Sledding requires you to use multiple muscle groups to steer as you speed down hills. You also exert effort while walking with your sled back up the hill so you can go down again. In fact, walking uphill is where you get the most benefit — climbing hills is an aerobic exercise that's also great for your leg muscles. How many calories you burn with this family fitness activity depends on how many back-and-forth trips you make and the steepness of the hill, but if you keep at it on a medium-height hill for just 30 minutes, you can burn about 240 calories.

Downhill Skiing

Although lift tickets and other costs make downhill skiing a more expensive winter exercise option, it is a great fitness activity that can be fun for your whole family. It's not as intense a calorie burner as cross-country skiing, but you still end up burning many calories — a 150-pound person will torch about 240 calories for every 30 minutes of skiing downhill. Most ski enthusiasts do it for hours at a time, so the calorie burn can really add up.

Ice Skating

Ice skating is another winter exercise that's great for family fitness. As with skiing, how fast and how long you skate will determine how many calories you ultimately burn. A 150-pound person can burn about 240 calories in 30 minutes of rounding the rink at a respectable speed. One advantage to ice skating over skiing is that it's not as costly a fitness activity — most rinks will rent you skates if you don't have your own, and some rinks only charge the cost of skate rental.



Snowshoeing

Snowshoeing is another winter fitness activity that offers a total-body workout plus great fun for family fitness. Snowshoeing will strengthen your leg muscles while getting your heart pumping and oxygen going to your lungs. At moderate speeds, figure that a 150-pound person will roast about 270 calories every 30 minutes.

Playing in the Snow

It snowed, the kids are out of school, and you can't get to work. Make the most of it by bundling up the family for play in the snow. You can burn anywhere from 200 to 400 calories an hour with this family

fitness activity, depending on how high you build your snowmen. Some more snow activities to try: Build a fort, have an old-fashioned snowball fight, and make snow angels. Playing in the snow is certainly more fun than shoveling it, but you can torch 200 to 300 calories for every 30 minutes you spend clearing your driveway.

Cross-Country Skiing

Because you're using both your upper and lower body, cross-country skiing is one of the most effective winter workouts. As any skier can tell you, it's hard work, and a terrific calorie burner. A 150-pound person can zap about 340 calories in just 30 minutes of cross-country skiing. Another advantage of this family fitness activity is that you can do it in a nearby park — you don't have to hit the slopes, which can be pricey.

Snow Tubing

Sometimes the simplest activities are the best: Add tubing to your winter routine, and your family will have a blast barreling down hills on top of rubber tubes. The advantage to snow tubing is that you don't need any of the coordination or balance skills that skiing or even ice skating requires. Everyone in your family, no matter how small or how tall, can enjoy snow tubing. As with sledding, the calorie burn for a 150-pound person is about 200 to 300 for every 30 minutes, depending on how many times you go up and down a hill. At winter resorts that offer tubing, you'll get the best cardio workout and burn the most calories if you walk back up the mountain rather than take the ski lift.



Touch Football

Football can be a great family fitness activity to do as the weather turns colder. Fortunately, you don't need snow to round up players and start making plays. With football, you'll be running and tackling and likely burning 200 to 300 calories every half-hour. If you're worried about safety, with family members of all shapes and sizes participating in the game, make it touch football or tag football rather than the traditional tackle game.



Walking or Running

Walking is a year-round exercise and a fitness activity the whole family can enjoy. Go for a walk in the winter to see how your neighbors have decorated their homes for the holidays or to collect pinecones in a nearby park. Walk just 3 miles an hour, and you can burn 112 calories in a half hour. Step it up to a jog and you can easily blast 200 to 300 calories in 30 minutes. Walking can be difficult in snow, cautions Burrton. Some family fitness safety tips: Rub the bottoms of your boots with sandpaper or screw some hex screws into the soles to decrease your risk of falling. Because there's limited daylight in the winter, wear reflective clothing if you plan to be out early in the morning or late in the evening.

Ice Hockey

As a winter exercise, ice hockey has similar health benefits to ice skating. Gather a few friends to play, and some friendly competition may keep you skating longer — and the longer you skate, the more calories you burn. Figure about 200 calories for a 20-minute period if you weigh about 150 pounds. Before you skate, ensure everyone wears appropriate protective gear, even if you're at a rink.