



Goshen Health

KEEPING ACTIVE THIS WINTER

In addition to being fun, regular physical activity has many health benefits. Kids need at least 60 minutes of activity every day, all year long. Check out some of these easy ideas for staying active this winter!

OUTSIDE ACTIVITIES

- Build a snow fort
- Create a snow sculpture
- Go cross country skiing
- Have a snowball fight
- Play ice hockey
- Go ice skating
- Make snow angels
- Go on a hike
- Go sledding
- Take a walk
- Visit a playground
- Make watercolor snow art
- Go snowboarding

INSIDE ACTIVITIES

- Play balloon volleyball or soccer
- Build a fort
- Play charades
- Have a dance party
- Do a fitness video together
- Play "Follow the Leader" or "Hide and Seek"
- Go roller-skating
- Have a jumping jack contest
- Play musical chairs
- Set up an obstacle course
- Play "Simon Says"
- Go bowling

More ideas: www.cdc.gov/physicalactivity | www.actionforhealthykids.org | www.heart.org