

Be an Active Family this Winter!

Daily physical activity is important for healthy children and adults.



Take it outside!

- Explore the trails on snowshoes, cross-country skis or on foot
- Play in the snow
- Go ice skating or sledding

Get moving indoors!

- Play active games such as Twister or Charades
- Hold a dance party
- Go up and down the stairs



Resources: <https://www.letsgo.org>