



# THE Wellness JOURNEY *on the road to good health*

January 2009

A MONTHLY ELECTRONIC NEWSLETTER TO EDUCATE, INFORM AND MOTIVATE PARENTS, TEACHERS AND CAREGIVERS AND ENCOURAGE THEIR HEALTHY LIFESTYLES AS THEY REINFORCE THE INFORMATION YOUTH RECEIVE THROUGH WELLNESS JOURNEY PROGRAMMING AND ACTIVITIES.

## Winter activities for kids and families

While the weather outside may be frightful, there are still plenty of ways to stay active during the winter months! Don't let Old Man Winter keep you and your family from being active and fit.

**Make the most of winter.** Enjoy the fun activities that are only available when there's snow! Sledding, snowboarding, ice skating and skiing are great fitness activities and fun for all ages. Build a snowman or a snow family. Create a snow fort. Make snow angels. Have a snowball fight. Take a winter hike or create a winter scavenger hunt. You can walk around the block or hike a trail. Bundle up and enjoy some winter activities.

**Move indoors.** Too cold or icy? There are plenty of places where you can be active indoors. Visit a local fitness center or gym to shoot baskets, walk or play a game. Find an indoor water park or pool and splash like it's summer. Head to the bowling alley for an afternoon of family fun. Even shopping malls and large stores offer opportunities for walking in safety and comfort.

**Fun at home.** Turn off the TV, turn on the music and dance! Join the kids for an active game of follow-the-leader, and include jumping jacks, marching and other movement. Bring home a fitness video from the video store or library and create your own family fitness class. Even active games, like Twister, get you moving! Get off the couch at frequent intervals to stretch, touch your toes or walk in place. Have a contest to see who can do the most sit-ups or push-ups in a minute. Pick a family member to be Coach of the Day. He or she can choose what game or activity the family will play that day, or make up a new game. Make it fun and get the family to join in – it will be good for all of you!

## Be safe and smart with winter exercise

Don't let cold weather keep you indoors! Getting outdoors to exercise can be fun for the whole family. Just remember to follow these tips:

- Wear a hat. Much of your body heat leaves through the head. Keep it covered to conserve your energy and feel more comfortable.
- Wear sunscreen. It may be cold but the sun can still be strong enough to burn skin. Sun also reflects off snow, putting skin at greater risk. Sunscreen is especially important while skiing or sledding.
- Warm up – your muscles. Gentle stretches before and after exercise is important.
- Don't slip up. Use caution if walks are icy; move your exercise indoors on days when accumulated snow or ice make it slippery outside.



### PRODUCE PICKS

Add some zing to a January day with a slice of a zesty orange! Oranges are packed with vitamins and easy to peel and eat. For something a little different, try a sweet juicy mango. Go green with your vegetable picks this month: cucumbers and green peppers are good eaten alone, or added to a number of salads and main dishes.

**Healthy Holidays** brought out the festive spirit in children of all ages! The event, held in November, featured a variety of activities.



Here Mrs. Claus reads a Christmas story to children.

## Create a healthy "snack-tivity"

When hunger strikes on a winter day, turn snack time into a fun family activity.

**Play with your food.** Kids can make towers out of whole-grain crackers, spell words with pretzel sticks or make funny faces out of pieces of fruit.

**Create your own concoction.** Pull out the blender to make a smoothie with skim milk and fat-free yogurt. Let the kids choose the fruit to personalize their creations.

**Mix it up.** Pop some popcorn then mix up a snack mix by tossing it in a bowl with whole grain cereal pieces, raisins, peanuts or pretzel pieces.

**Get creative.** Use a cookie cutter to make shapes out of low-fat cheese slices, whole grain bread or whole grain tortillas.

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## Super Snack

### *Orange Smoothie*

1 ½ cups fat-free milk

12 oz. frozen orange juice concentrate, softened

1 ½ cups water

1 ½ tsp. vanilla (optional)

Combine all ingredients in a blender, or in a large bowl and use a mixer to blend until foamy. Makes four servings. For variations, add a banana, frozen berries or other fruit. Or mix in low-fat fruit-flavored or vanilla yogurt.



Teens and adults joined Frosty for some aerobic dance moves.



Taking a break from the fun for a holiday photo.



High school students served as Santa's helpers for the event.

For more information on the Wellness Journey programming, topics or events, contact Tessa Allworth, Wellness Coordinator, at 319-385-6595 or by e-mail at [allwortht@hchc.org](mailto:allwortht@hchc.org).