



FAMILY FIT TIPS



Once again winter is upon us and we find excuses to hibernate from activity. ***In motion*** would like to remind you not to let the cold weather stop you and your family from being active.

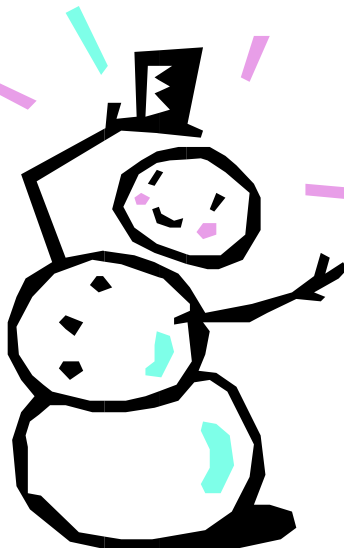
Even though the weather can be depressing to many people, there's no better way to boost your spirits than by keeping yourself busy and "in motion". In spite of the snow, or maybe because of it, there are so many activities that you can enjoy together as a family: skating, snowboarding, skiing, tobogganing, sledding and snowshoeing just to name a few. But make sure you bundle up before you head outside for some snow fun!

Winter safety is an important part of keeping outdoor activities fun:

- * Buddy systems – never allow children to play alone outside
- * Take frequent breaks to warm up and have a warm drink inside
- * Help children choose play areas with warm shelters nearby such as a friend's house
- * Dress in layers, it's better to be too warm

and take one layer off when necessary

- * Top things off – keep your head, feet and hands covered
- * Keep children indoors if the temperature drops below -25°C or if the wind chill is -28°C or greater.



* With the cold weather of winter comes more time spent in front of the TV. This is another reason why we need to make a concerted effort to be more active. So how do we get the best of both worlds? ***In motion*** has your health in mind and has come up with some quick tips to keep you "in motion" during the cold winter months.

* Run on the spot and stretch for 3 minutes before and after each television show

- * See who can do the most jumping jacks during the commercials and keep trying to beat your own record
- * Play catch with a foam ball during commercials and whoever is left with the ball when the program starts has to lead the 'family exercises' after the show

Christmas break is often a hard time to keep active. One way is to play the "Twelve Days of Christmas". For each of the Twelve Days before Christmas have an activity for the family to do:

- On the 1st day of Christmas *in motion* gave to me 10 minutes of dancing 'round the tree.
- On the 2nd day of Christmas *in motion* gave to me 5 minutes of stretching.
- On the 3rd day of Christmas *in motion* gave to me an afternoon of skating.
- On the 4th day of Christmas *in motion* gave to me a morning of helping to do chores.
- On the 5th day of Christmas *in motion* gave to me a game of snow soccer.
- On the 6th day of Christmas *in motion* gave to me a game of leap frog in the snow.
- On the 7th day of Christmas *in motion* gave to me 20 jumping jacks.
- On the 8th day of Christmas *in motion* gave to me an hour at the indoor swimming pool.
- On the 9th day of Christmas *in motion* gave to me an adventure building an indoor fort.
- On the 10th day of Christmas *in motion* gave to me tobogganing fun out in the sun.
- On the 11th day of Christmas *in motion* gave to me a game of tag in the park.
- On the 12th day of Christmas *in motion* gave to me time to build a snow sculpture with my family.

Winter is still a wonderful time to enjoy being outdoors. Winter activities can be simultaneously fun and educational. Don't let the snow slow you down. Here are some smart ideas to try with your children:

BLOW BUBBLES OUTSIDE. They won't pop when it's -30°C to -40°C below zero outside

BUILD A SNOW CAVE OR PIT OR MAKE A SNOW FORT. Then fill a plastic spray bottle with warm water and some food coloring. Spray the water onto the snow and "paint" your fort with colored ice!

MAKE SNOW ANGELS IN THE SNOW

BUILD A SNOW FAMILY. Instead of just building a snowman, build a family of snow people ... don't forget to include snow pets!

PLAY SUMMER SPORTS OUTSIDE. Try playing some summer sports outside in the snow such as baseball, volleyball or soccer.

TRY OUT SOME SNOWSHOES. Rent, borrow, or buy some snowshoes and see if you can master walking on deep snow. You can even try making your own out of a curved branch and heavy twine. The trick to snow shoes is to be sure to lift your toes up when you try and walk!

On those blustery, freezing days, there are still activities to enjoy indoors while staying "in motion". One way you can spend time with your children is by exploring some of the many museums and galleries within the city. **Try a game of Freeze** - Play music and have the children walk around in a circle. When the music stops, the children freeze by standing still in a stooped position. Declare a **Pyjama Game Day** and stay in your pajamas all day and have "game day" at your house. **Inside skate** - Have your child "skate" around inside. Simply put on a pair of socks, and hit your indoor skating rink (a floor that is not carpeted). Have fun!!!! Or try tying coloring books to the children's feet and they can enjoy "skating" on their carpeted skating rink.



**Happy
New Year!**



For more family fun ideas to do, check out the *in motion* website at www.in-motion.ca or call our office at 655- DO IT (3648)