

FOR IMMEDIATE RELEASE

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The Gift of Health

Is your health and fitness on your mind this time of year? If your answer was ‘no’, you are not alone! November and December are some of the busiest months of the whole year for many! There are often school projects wrapping up, after-school activities with extra performances or events, end of year projects at work, not to mention all the prep work for the holidays. It is easy to tell yourself, “*I’ll exercise in January, or after the start of the new year*”, but what if you started now? What if you found little ways to be active each day, while still enjoying the holidays?

MyPlate suggests you make moving part of every event. Daily movement can make daily task easier and has been shown to decrease stress and increase mood. Action For Healthy Kids shares great tips to keep kids active during winter break. Use these ideas to keep your kids moving, or add them to your holiday plans to help everyone move more.

- Play indoor hopscotch: Use painter’s tape to create squares on the floor.
- Play *Hot Lava*: Put several pillows on the floor and space them apart. Instruct kids to jump from pillow to pillow. If they fall off the pillows, they will be falling off into hot lava.
- Purchase an aerobic exercise DVD or stream a fitness video to get your heart pumping!
- Play Red Light, Green Light or other small group games that children pick and lead.
- Shovel snow.
- Play Simon Says.
- Build an indoor fort out of pillows and blankets.
- Have a jump rope challenge in the garage. Who can do the most in a minute?
- Start each morning with a 10-minute stretch and wake session before breakfast.
- Play charades.
- Practice yoga.
- Go ice-skating or roller-skating.
- Bundle up and take a hike or a neighborhood walk.

Make being more active this holiday season a goal for yourself and the whole family!

For more information, visit *createbetterhealth.org*, or contact Katherine Pinto, EFNEP and SNAP-Ed Agent, kd Pinto@ksu.edu or 620-232-1930.

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