

Team - Here is this weeks nutrition/wellness tip. I hope you all are having a great week. Take care. Sincerely - Nicole Leth

Great Ways for Kids to Exercise this Winter

Active Video Game Technology

There is a ton of new technology out these days including Xbox 360® Kinect, Playstation®Move and Nintendo Wii®. Whether you want a customized strength training workout or a spontaneous active game, you can find something entertaining! With Xbox 360® Kinect, you use your body as the controller — you are the athlete, the dancer, the UFC fighter or even the Kung Fu Panda punching and kicking on the screen.

Play Outside

Just because it's cold outside does not mean you have to stay cooped up inside! Put on your hat and scarf and bundle up for some good old fashion fun. There are tons of activities that you can do outside in the winter. You can go ice-skating or sledding, decorate the front yard with a snowman and snow angels, and even have a snowball fight (regardless of what your parents might say). Create an obstacle course using balls, jump ropes, simple items around the house and trees in your yard! You can also play with a pet — take your dog for a walk or offer to take the neighbors' pet.

Indoor Facilities

If it is too cold out and you want to get out of the house for a bit, you can go play at an indoor roller-skating rink, a bowling alley, a local gym, an indoor basketball court, or even go swimming in an indoor pool! Ask your parents to check out the local community and fitness centers to see what programs they offer for kids.

Get Involved in Structured Activity

If you want to get involved in something fun and consistent, have your parents enroll you in a class! You never know if you will find an activity you love to do. Classes could range from martial arts, swimming lessons, indoor cycling, kid's yoga or dance lessons.

Just Dance

Even if you do not take dance lessons, create a fun playlist on your iPod and let loose. Dancing is a fun way to burn calories and a great stress reliever. There are numerous styles of kid's dance fitness videos that you can check out if you need some guidance.

Take a Break from the TV

Do not let yourself sit for too long of a period. Kids have to sit all day at school and then typically want to go home and watch their favorite shows. Get up during the commercial breaks and get your body moving – doing simple exercises such as jogging in place, body weight squats, sit-ups or jumping jacks.

Create your “Active Space”

You can be active anywhere in your home, but it might be fun to set up a special place with activities you like to do. This could range from hanging a basketball hoop on the wall, taping hopscotch to the floor, setting up indoor hockey nets, or placing a chair up in your room to

practice ballet. Regardless of the activities you choose, make this space your own!

<http://www.obesityaction.org/educational-resources/resource-articles-2/childhood-obesity-resource-articles/winter-exercise-tips-for-kids>